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CONNECTICUT | August 2017

FEATURES

44 Day Trippin'

Need to get away, but only have a day? We make eight picks for fun trips that will still allow you to be back home in time for bed.

55 Healthy Living: Second Calling

New Canaan's Jeanette Chen left a lucrative corporate career to raise a family and cook and care for cancer patients. We share her story, and some of her recipes, with you.

62 Special Section: Top Dentists

Connecticut's dentists answered our exclusive survey and identified 362 of their peers in seven specialties.

DEPARTMENTS

- 6 Editor's Note
- 7 Voices
- 8 First

A chemical compound the EPA has classified as a "likely carcinogen" is present in drinking water in Durham, and some other Connecticut towns.



14 Beachcombing

There aren't many better ways to spend a summer night than by pulling into Barkhamsted's Pleasant Valley Drive-in for a double feature.

17 This Month

It's that country fair time of year. Check out the best spots for truck pulls, pig racing and pie eating. Also, we talk to Glenn Close and The Bacon Brothers.

33 The CONNsumer

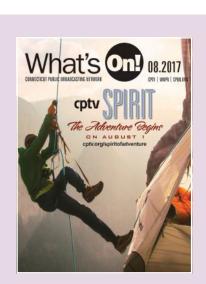
How to make your home a smart home for under \$100.

90 The Connecticut Table

We review the Velvet Vine, spend taco time at El Camion, get our caffeine fix on the Jitter Bus, take high tea at Culteavo ... and then we get crazy. You won't believe what we tried this month.

120 The Connecticut Files

Albert Pope knew electric cars would be the wave of the future ... in 1896.



108 CPBN Guide

- "CPTV Spirit"
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- "CPTV Highlights"

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Cover design: Alyson Bowman; photo by Digital Vision/Photodisc/Thinkstock
This page: (top) Tubing down the Farmington River.
(above) The two-foot Works Dog at Doogie's in Newington; photo by Mike Wollschlager.











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CONNECTICUT **MEDIA GROUP**

Connecticut Magazine® (ISSN 0889-7670), a property of Hearst VERRICATION
COUNCIL

Connecticut Media Group, 101 W. Coffax Ave., 11th Floor,
Denver, CO 80202-5177, is published monthly by Connecticut
Magazine at 100 Gando Drive, New Haven, CT 06513. Periodicals postage paid at New

Haven, Connecticut, and at additional mailing offices. Printed in U.S.A. Subscription rates: One year \$19.97, two years \$34.97, three years \$39.97 in Connecticut; out-ofstate residents add \$5/vr. POSTMASTER: Send changes of address to Connecticut Magazine Subscription Services, P.O. Box 3000, Denville, NJ 07834.











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faster than normal. This all occurs as the essential healing factors are brought in and the non-essential wastes are removed, with increased circulation at the site of injury. These therapeutic enhancements of the cellular chemistry are triggered by our LiteCure® Laser, making it a truly profound healing modality and experience!

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*To everyone whose condition warrants this treatment.

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TESTIMONIALS of SMALL MIRACLES

Adele, Age 75 "For many years, I have suffered from lower back pain and pain radiating down both of my legs to my feet from an accident. Every time I exercised or moved just the wrong way I'd have pain that would last for a long time. I couldn't even roll out of bed without extreme pain. After the third visit all of my pain was gone. It was my own little miracle. I was very impressed by the care but also by the

fact that the doctors were knowledgeable and very personable. The staff was friendly and helpful and I would recommend their treatment to everyone with neck or back pain."

Jack, Age 37 "I was working as a Police officer in April when I was injured on the job, lost the strength in my left arm and hand and had a lot of pain in my neck and midback. I saw many Doctors for 6 months with no resolution to my problem, whether Physical Therapy, Steroids, Pain Medication, or Nerve Block. The Surgeon wanted to do a 3 level fusion on my neck as the last treatment option. I saw the ad in the paper and decided I didn't have anything to lose and to give it a try, but it was my last chance before getting surgery. After my second visit I had regained all of my strength in my left arm and hand and had minimal pain in my neck. My life has drastically improved."

Duane, Age 77 "I woke up one evening with severe pain going down my right leg and went to a Doctor who couldn't tell me what was wrong. He told me to go home, take a hot bath and in a week if it didn't go away to come back. I had an MRI showing a bulging disc in the lower spine, with arthritis and gout. A family member told me about the Deep-Tissue Laser Treatment®, and after the first session the pain lessened significantly. At the end of the visit I could move around great. By the 5th or 6th visit I had no more pain in my leg and lower back. I am extremely satisfied, my legs are stronger, and I am standing up straight. This has been a fantastic thing and it all happened in 4 to 5 weeks. If I could tell you anything it would be to not take pain killers or have surgery until you experience incredible Deep-Tissue Laser Therapy".

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editor's note

lieve Time to Remember

One of the most enjoyable parts of my job is reading the many stories by the magazine's staff writers and contributors each month before they appear in print. I invariably learn something new about the people, places and events of our state.

I had a far different experience for this month's magazine, however. With one story, at least. It was Michael Catarevas' "Second Calling" (page 55) about a New Canaan woman who left a lucrative corporate career to, in part, care and cook for cancer patients.

My father died of cancer in late June, just a few days after Father's Day. (That's him, at right, with me at Game 3 of the 2000 Mets-Yankees World Series at Shea Stadium.)

A story about a woman who goes out of her way to prepare and deliver customized meals for people with cancer, some of whom



later died, brought forth a wellspring of emotion.

While reading these personal stories of people affected by the disease, I couldn't help but think back on my own family's story since December, when we learned my dad had brain cancer. Over the next several months, the disease would progressively rob him of his ability to walk, stand and, toward the end, even move, talk or respond in any way. His appetite fluctuated wildly, a result of both the cancer and medications he was taking.

As I moved through the story, I remembered my efforts, and those of other family members and friends, with food and drink for my dad. Sometimes we'd make food or smoothies at home, or pick something up at the store, and bring them to the hospital during his multiple stays. Depending on how he was feeling, he would either devour what we brought, nibble on it a bit or let it go untouched.

When it became clear treatment was not working and the cancer was spreading, there was no longer any thought of what my dad should eat. It became all about what he wanted to eat. Ice cream, pudding, a milkshake, more ice cream. We made sure he had it.

As I edited other stories in this issue, I found myself relating them to my dad in some way. Many had to do with food.

What would he think of a Danbury teen inventor's new method for packaging ice cream in single scoops, rather than in cartons (page 11)? I know for a fact he would not appreciate its genius. He liked to eat large quantities of ice cream in single sittings.

Would he try any of the outrageous foods mentioned in our "Crazy Eats" roundup (page 96)? The Suicide Burrito? No way. He couldn't handle the heat. Peanut butter and jelly wings? Probably not. The LOL lobster roll, with a full pound of meat and hot butter? Sign him up.

And in our story highlighting great summer day trips in Connecticut ("Day Trippin'," page 44), tubing down the Farmington River hit close to home. The experience was one that he and my mom shared many years ago. It was a blast.

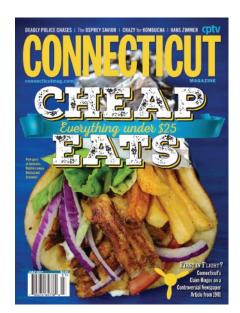
Late in the spring, I was with my dad at Yale's Smilow Cancer Hospital when he was given the news that treatment had failed. After the doctors and nurses had left my dad's room, we were both quiet. I was struggling with what to say, and I assume he was, too. Finally, he broke the silence, saying, "I don't think I'm going to make it." Then, after a bit more silence, "You and mom gave me a good life." I told him I couldn't have asked for a better father.

Looking back on the years, including the many baseball, football and basketball games we saw together, the fun family vacations we took, and when I, as a new homeowner, needed a helping hand installing a garage-door opener, I'm thankful my dad was there.

I'll always remember the trying last few months. But I'll always treasure the years of good times we had. It was a blast.

Albie Yuravich

voices



Connecticut Magazine welcomes letters. Write to Editor, Connecticut Magazine, 100 Gando Drive, New Haven, CT 06513, or email editorial@connecticutmag.com. Please include your name, phone number and address; no anonymous letters will be published. We may edit letters for space reasons or clarity.

reader letters

Flying High Over Flight Story

For your July story on the debate over Gustave Whitehead's flight, you are to be commended for your conscientious research and your objectivity when dealing with facts. I had thought your breed of journalist had died out.

Thanks, too, for mentioning my book. That was most kind.

Today's my first full day on holiday on a Greek island. You've made it more enjoyable.

> John Brown Author of Gustave Whitehead and the Wright Brothers: Who Flew First?

State Boasts Other Aviation Feats

As a born-and-raised Connecticut resident will a full career in aerospace, I was delighted to see the subject article in the July issue. However, I was disappointed in the graphic on page 49 (Connecticut in Flight: Important Moments in Our State's Aviation History). It does not mention Kaman Aircraft, for which my father worked for over 45 years, and was responsible for many firsts in aviation as well as supplying parts for the Space Shuttle. Nor does the article mention Pioneer Aerospace

Corp., which I have worked with for going on 29 years. We are responsible for every single NASA Planetary Probe Parachute System for the last 38 years and can boast the world's largest supersonic decelerator (parachute used on NASA's Mars Science Laboratory in 2012). I can think of a few other companies that make various aircraft and spacecraft systems that should probably have been mentioned, as well. If you are going to call the graphic "Important Moments in Our State's Aviation History" but leave out major accomplishments from many companies, then you do a major injustice to a large portion of our state's innovators. Connecticut has a long and illustrious history of engineering innovation and industry that is often overlooked by the populace; a trend that could be reversed starting with your publication.

> Al Witkowski Glastonbury

Heed Recall or Not?

Thanks for your interesting and informative July CONNsumer column on the recall of Masco Cabinetry's kitchen island due to a tip-over threat.

My advice: DO NOTHING!

I still can recall, at going on 80 years, climbing up a tall chest of drawers by pulling out lower drawers to use as a ladder, so as to gain access to the top ones considerably above my height. I was probably about 5 years old then, and as the bureau tipped, I jumped off. Lesson learned. Well, sort of. I also learned to keep the drawers and my body closer to the face of the unit to ascend without peril. A chancy game predicated upon the value of the sought-after prize: a pocket knife of my father's that I wasn't supposed to have unsupervised possession of was definitely worth the risk!

But we kids back then skated unsupervised on wild ponds, even at night, clambered up and down steep sand banks and over huge rusted relics of sand and gravel machinery, and even, at tender ages, took the bus alone to go downtown to movies, and waded through unknown streams and swamps. How circumstances have changed!

> Tom Brophy Waterbury

Another Fine Diner

I loved your American diner story in the June issue and eat at many of them.

Thread City Diner in Willimantic is located in a building rather than traditional steel diner car; that said, the food portions are huge, the service typical diner, and yes, owner/cook Andy shouts for pickup. Only breakfast is served, but what a breakfast. No one leaves hungry.

I hope you'll visit. Oh, and there are frogs everywhere, as well as an explanation of why on the menu.

It's a gem on Main Street, open 5:30 a.m. to noon every day.

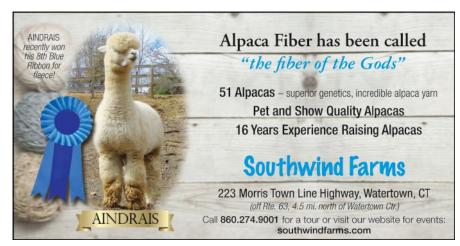
> Irv Buchbinder Willimantic

Don't Let IPAs Sit Around

I enjoyed the article "IPAs, New England Style" in the June issue, but it should be mentioned that the New England IPA style of beer benefits from being consumed fresh, within the first six to eight weeks.

> David Bergeron Niantic

Join the conversation: Follow us on Twitter @connecticutmag and on our Facebook page





The former site of Merriam Manufacturing at 270 Main St. in Durham.

CATHERINE AVALONE

Un-well Water

SEVERAL TOWNS CONTENDING WITH 'LIKELY CARCINOGEN' IN DRINKING WATER

BY MICHAEL LEE-MURPHY

Main Street in Durham is about as quintessential small-town Connecticut as it gets. Colonial-era homes, churches, schools and town buildings are neatly arranged along Main Street in much the same way as they have been for a century or more. Flags line the street for summertime.

What is not plain to the eye is that the entire area is a federal Superfund site: an area that has been designated for cleanup of toxic materials by the federal Environmental Protection Agency. A pair of factories on Main Street — Durham Manufacturing, founded in the 1920s, and Merriam Manufacturing, which dates back to the 1850s — manufactured metal boxes and at one time improperly disposed of chemical contaminants into nearby streams and lagoons. (Durham Manufacturing is still in operation, while the Merriam Manufacturing building burned down in 1998.)

When the Superfund site was declared in the late 1980s, the original target of the cleanup was a chemical solvent called 1,1,1-trichloroethane. As testing methods have become more sophisticated in

recent years, a new culprit has emerged. A potentially cancer-causing chemical compound used in the degreasing of industrial machines, 1,4-dioxane, has become a focus not only at the Durham site, but at sites all over Connecticut.

The compound has been part of industrial processes for decades, and the EPA has classified it as a "likely carcinogen," though not enough testing has been done on the health effects it has on humans. Because the EPA has not set a federal safety level for 1,4-dioxane in drinking water, it falls to states to set their own standards.

Though the compound has been used in industrial-degreasing operations — such as those used in the fabrication of metal boxes — the compound's chemical properties make it difficult to detect. Unlike oil, which remains separate from water, 1,4-dioxane is completely soluble in water, making containment difficult. It is also "relatively resistant to biodegradation in the subsurface" and in groundwater, according to the EPA.

As part of the cleanup process, 54 homes with affected wells received

What is 1,4-dioxane? A colorless, odorless synthetic chemical compound used in industrial degreasing operations. Because it doesn't bind well to soil, it can migrate in groundwater and doesn't biodegrade easily, according to environmental analysts. There is no federal maximum contaminant level.

Where is it? In wells and water systems across the country. The two most prominent concentrations in Connecticut are at the federal Superfund site in Durham and the state Superfund site in the Tylerville section of Haddam.

What are the health effects? In short, not enough is known. The compound is known to cause cancer at high doses in mice and rats, but relatively little is known about the health effects on humans. The EPA classifies it as "likely to be carcinogenic."

granular activated carbon (GAC) filters, meant to address the presence of 1,1,1-trichloroethane. The discovery of 1,4-dioxane in 2003 and 2004 in certain wells presented a new difficulty, as it is not

sufficiently filtered by GAC devices.

As the culmination of a nearly 30-year cleanup and remediation process at the Durham Superfund site — which contains some 50 homes, 10 of which receive a bottled-water allocation from the EPA — plans are underway to install a water main to pipe in clean water from Middletown to Main Street. The EPA still regularly monitors water at some 17 homes

Lynn and Gene Riotte, who have lived for 23 years just a few doors from the former Merriam Manufacturing site, say no testing has been done at their Main Street home for at least 10 years. They have been aware of TCE since moving in, and their well was tested for it, they say, but they had been unaware of 1,4-dioxane until being informed by a reporter for this story. Jim McLaughlin, who has lived across the street from the Riottes since 1968, was also unaware of 1,4-dioxane. George Gorton, who lives on the other side of the Merriam site from the Riottes, says he has his water tested once a month for 1,4-dioxane. "It makes me want to have the water tested again," says Lynn Riotte.

The town of Durham had its first public information session on 1,4-dioxane back in 2004, when various state and federal departments presented and the water main project was first proposed. According to Durham First Selectman Laura Francis, it was at this point that a planning team came together involving the state departments of Public Health and Energy and Environmental Protection, the town of Durham and the city of Middletown. "We have met, either by phone or in person, pretty much once a month since then," she says. Jing Chen, an environmental analyst at DEEP and the case manager for the Durham site, says there is no effective treatment method for 1,4-dioxane at the household level.

While the water main will provide a permanent solution by providing regularly monitored and treated water to Durham, 1,4-dioxane is a problem in many parts of the state. The other major site for the compound in Connecticut is the state Superfund site in the Tylerville section of Haddam. Shannon Pociu, another DEEP environmental analyst and a project manager at Tylerville, is working on getting a public water main extended into the Tylerville area from Chester. According to Pociu, there are some nine homes in Haddam that receive bottled water.

Since 2013, the DPH has maintained an action level (the point at which action must be taken to address the issue) for drinking water at 3 parts per billion (ppb); DEEP, which monitors groundwater levels, adopts the same standard. According to an email from Christopher Stan in the DPH's communications department, the most recent data on the carcinogenicity of the compound was a 2009 study that shows cancerous effects on the liver in mice and rats. "The epidemiology literature on the health effect of 1,4-dioxane is inadequate to evaluate effects in human populations," he writes.

Connecticut's drinking-water action level of 3 ppb is based on a 1-in-100,000 cancer risk, according to Stan. Some states, such as Massachusetts and New Jersey, regulate the compound at a morestringent .35 ppb, which is based on a 1-in-1 million risk level for cancer. Each state regulates 1,4-dioxane levels in its own way, which means that levels vary state to state and trigger different procedures.

While no federal standard exists, 1,4-dioxane was included in the EPA's third round of nationwide testing of public water systems for a battery of as-of-yet-unregulated contaminants across several years, the results of which were released in January of this year. According to an analysis of the data published in the journal Science of the Total Environment in April, 6.9 percent of the nearly 5,000 public water systems tested registered levels of 1,4-dioxane above the .35 ppb level.

In Connecticut, water systems in Wallingford, Manchester, Meriden, Southington and Cromwell contained 1,4-dioxane. All but Wallingford tested below the state action level. The Wallingford water treatment station at Oak Street measured 3.6 ppb in July 2013. According to Stan, the source of 1,4-dioxane in the Wallingford system is still unknown, but "Wallingford was able to readjust the operation of the wells and maintain the levels of 1,4-dioxane near 2 ppb at the entry point to the system for the past three years," he writes.

I the reading room I

CONNECTICUT WALK BOOK: THE COMPLETE GUIDE TO CONNECTICUT'S **BLUE-BLAZED HIKING TRAILS**

By Connecticut Forest and Park Association Weslevan University Press

384 Pages

One of the greatest ways to explore

Connecticut's natural beauty is on foot along

the scores of hiking routes that crisscross

the forests and undeveloped land of the

state. Many of the best trails — 825 miles

to be precise — are maintained by the Connecticut Forest & Park Association along the Blue-Blazed Trails system. The 20th edition of the organization's Connecticut Walk Book was released in June, and is a comprehensive guide to these epic trails. (The first edition was published in 1937, and the 19th edition, the most recent edition till this summer, was released in 2005.) The book features full-color maps, mileage/destination tables and all the details on hiking paradises such as Macedonia Brook, the Connecticut sections of the Appalachian Trail, Stony Creek Trails and many more spots appropriate for novices and hard-core hikers alike. It's a great resource for finding new trails, and can be used along with online interactive maps that provide information on the latest trail conditions and changes. | ERIK OFGANG |

THE LEAST AMONG US: WAGING THE BATTLE FOR THE VULNERABLE

By U.S. Rep. Rosa DeLauro

The New Press

288 pages

When Congresswoman Rosa DeLauro was a child growing up in New Haven, her Italian immigrant father's relatives hung red bed sheets from their balconies in the Italian villages near Naples "to send a message to the *fascisti.*" This is the kind of wonderful

detail readers get in DeLauro's new book. A combination of political history and memoir (DeLauro's first book) tells the story of many of the unabashedly left-wing congresswoman's political fights over the years. The chapter on how she has squared her politics with her Catholic faith is particularly interesting — sometimes

her politics aligned, sometimes they diverged with church hierarchy. DeLauro's book is full of rich local color, describing old fights in the famously rough-and-tumble Democratic Party politics of New Haven.

DeLauro is a great narrator of the various political brawls she has been involved in over the years, none bigger than in the gladiator's arena of

health care. | MICHAEL LEE-MURPHY |

SWIMMING WITH **BRIDGEPORT GIRLS**

By Anthony Tambakis Simon and Schuster 301 pages

With a third casino on the horizon and a massive expansion of off-track-betting facilities planned for Connecticut, gambling is set to become even more present than it is now. Anthony Tambakis has written a novel for our times, then, as his main character Ray Parisi is a fired ESPN anchor who gambles his way across the state, on

ROSA L. DELAURO

The Least

Among

a harebrained scheme to get back together with his wife. A Fairfield native, Tambakis obviously knows his terrain well; Mohegan Sun, the Merritt Parkway and the little motels alongside it are all here. The novel's language marvelously adopts the patois of gambling. A quote: "straight bets, parlays, teasers, halftimes, props, wheels, sides, totals. I tried them all." Sound like a horror? It's really, really funny. | MICHAEL LEE-MURPHY |

'Mythic Ascension'

NORWALK ARTIST'S 30-FOOT SCULPTURE TO BE PERMANENTLY DISPLAYED IN SHANGHAI

BY ERIK OFGANG

Ira Reines opens the door to his Norwalk home and invites me in. A whirlwind of energy and enthusiasm, he talks of visions of beauty, of the art of Michelangelo, of the ascension of the human soul, about how as a child he was obsessed with dinosaurs and about being photographed by Andy Warhol. And that's all before I have time to fully settle into a chair in the living room.

Reines is a sculptor who has received international recognition for his dramatic creations. In 2015, his 18-foot, two-ton sculpture called *The Three Graces* was unveiled at the Peninsula Hotel in Shanghai.

To say Reines is passionate about what he does is an understatement. He doesn't just create art, he lives, breathes and seems to exist for it. With long hair that borders on wild, he has a soft, low voice that tends to get louder as he gets excited, and when he talks about art he gets excited frequently.

This fall he will unveil his latest work, *Gates of Creation*, in Shanghai. The piece is a 30-foot-high bronze arch with nine figures that depict the human figure in various states of what Reines terms "mythic ascension."

The striking piece is his magnum opus, the culmination of an artistic awakening that began for him in 2001 and was born out of pain. That year Reines lost both his parents within five months of one another, and a long-term relationship he had been in came to an end.

"I was alone for the first time in my life and I felt my soul just break open. I felt my atomic structure changing," he says. "Because I had lost the relationships in my life that had been there, I started creating in my sculpture the human soul in a state of awakening, in a state of becoming, in a state of ascension. The human spirit in a mythic state of ascension between earth and heaven."

His love of sculpture was inspired by a childhood fascination with dinosaurs. He began sculpting these prehistoric creatures when he was about 6. A native of New York City, he moved to Connecticut when he was 15. Later that same year, he won his first art award, which helped him be recognized as a child prodigy.



Ira Reins with his newest sculpture, Gates of Creation. PHOTO COURTESY OF IRA REINES

"I feel like I was very lucky because at 15 I knew what I was going to do for the rest of my life and I had validation," he says.

Never formally trained, Reines was inspired by artists like Michelangelo, Gian Lorenzo Bernini, Auguste Rodin, and the world of fantasy. In 1981 he began working with the late Romain de Tirtoff, who went by the name Erté and was a famous Art Deco artist. For just over a decade, Reines transformed dozens of Erté's two-dimensional drawings into sculptures. With Erté, Reines traveled to Paris, Barbados and other destinations around the world, had shows in New York City and hobnobbed with celebrities.

"It enabled me to get a toehold in the high end of the art market," he says.

After working with Erté, he created a great deal of art, but it wasn't until 2001 that he says he developed his own voice as an artist in response to the emotional

anguish he was experiencing.

Though born of pain, the work Reines has created ever since has been inspiring instead of depressing. The figures in *Gates of Creation* stretch toward the sky, and in so doing convey a powerful, elegant-yet-gritty hopefulness. It is not the naive hope of those who have never suffered that the figures suggest, but rather the hope of those who have struggled, fought and endured, ultimately emerging victorious despite the trials of the journey.

"Some artists want to express their pain," Reines says. Instead he chose to let his pain channel optimism. "I used my drawings and my poems and my sculptures to transmute the pain into beauty, and because the pain was completely life-shattering, the beauty had to be at that level."

For more information about Ira Reines and his art, email him at irareines@yahoo.com.

Reinventing the Scoop

TEEN ENTREPRENEUR AWARDED \$10,000 GRANT FOR SINGLE-SERVE ICE CREAM

BY ERIK OFGANG

Hannah Pucci had only a few minutes to explain her invention and business concept at the CTNext Entrepreneur Innovation Awards in June. The 16-year-old student at Danbury High School was presenting in front of a panel of entrepreneurial experts for the chance to win a \$10,000 grant to advance her invention, Egghead Ice Cream.

Hannah's thoroughly outside-the-carton concept is an ice cream-packing method in which egg-shaped, pre-packaged scoops are offered in an egg carton-like package. This method avoids the hassle of scooping ice cream, offers multiple flavor varieties in one carton and provides portion control.

By the time of the CTNext presentation, she had already spent four years pushing this concept forward, and as a regular actress and singer in school plays, she had experience talking about the idea in front of people. But this presentation was different.

Kim Pucci, Hannah's mom, says, "Hannah's very comfortable representing [Egghead] and she speaks to all kinds of audiences." But Kim, director of external relations for the charity Action Against Hunger, adds the *Shark Tank*-style pitch of the presentation would be intimidating to anyone, regardless of age. "She was prepared, but they ask three minutes' worth of questions."

Unlike the eggs which inspired her invention, Hannah didn't crack.

Instead she aced the presentation and earned the \$10,000 grant. It's the latest in a long line of successes for Hannah. This summer UConn Dairy Bar began a trial run — which will last till October — of Egghead Ice Cream. In 2012, Hannah won the Connecticut Invention Convention's Blue Ribbon Award and Whole Foods' "Food Innovation Award." She has been invited to meet with executives at both Baskin-Robbins and Dippin' Dots, and she has received guidance and assistance from The Connecticut Small Business Development Center. The center connected her with the UConn School of Engineering, which helped her with the proof of concept and high-volume manufacturing plan for the product. The center encouraged her to pursue a patent for the invention, which was



awarded in 2016.

Hannah had the idea when she was 11. A sixth-grader at the time, she was in the STEM (Science, Technology, Engineering and Math) program at Rogers Park Middle School in Danbury. The class required her to come up with an invention and pitch it at the Connecticut Invention Convention, held each year at UConn's Gampel Pavilion. Her teacher encouraged the students to think of a problem, then think of an invention that could serve as a solution to that problem. Hannah struggled with the assignment at first. "For weeks I was stuck thinking of the worst problems and solutions," she says. "They had no market potential."

Then, she saw her mother struggling to scoop ice cream into a cone and thought it would be easier to just pull out a preformed portion of ice cream and pop it into a cone. The concept for Egghead was born.

Denise Whitford, a business adviser with the Connecticut Small Business



Hannah Pucci, left, and her Egghead prototype.

Development Center who has mentored Hannah, says this type of inspiration is what younger people can provide as entrepreneurs. "The unique thing about working with folks like Hannah or other minors is that they look at things differently," Whitford says. "We as adults tend to cast a lot of experience to what we do and don't do, and sometimes that's a barrier for us to do things differently."

In addition to the unique nature of her idea, Whitford says Hannah's success has been helped by her being "extraordinarily articulate." Whitford adds, "She's very creative and highly motivated."

Hannah works tirelessly on the project, balancing her role as CEO of a startup company with high school and an afterschool job.

"She has a double life," says Hannah's mom. "I feel bad sometimes; she stays up late at night doing homework, she gets up, goes to school all day, she gets home and I'm like 'OK, you have a business call."

Hannah chimes in, "But it's all worth it. It's really going to pay off one day."

When Hannah, who has two younger sisters, Haley, 13, and Laurel, 7, finishes high school and goes to college, she'd like to study engineering like her father Michael Pucci, who is a civil engineer.

No matter what she does, she's determined to keep pushing forward with Egghead. "I've always envisioned it in grocery stores all over America and that's where I'm determined to bring it," she says.



stepping out

- Veteran comedian/actor Robert Klein, whose 33-year-old son is affected by food allergies, performed at "An Evening to EAT" in April at the Delamar Hotel in Greenwich. End Allergies Together, a nonprofit organization that funds research to help solve the growing food-allergy epidemic, raised more than \$350,000 at its third fundraising event. E.A.T. co-founder Elise Bates poses with Klein. (photo by Kylie Norton)
- Chris Prosperi and Faith Middleton were co-emcees
 of the 25th Evening of Fine Wines, the signature
 fundraiser for Manchester Community College
 programs and scholarships. From left, Prosperi,
 student Josh Werner and Middleton.
 (photo by Ann Montgomery)
- Comedian Tom Leopold served as the emcee and host for Ability Beyond's An Evening in the Garden gala, which raised funds to support individuals with disabilities. Jane Davis, president and CEO of Ability Beyond, poses with Leopold. (photo courtesy of Ryan Burns)
- 4. American Idol winner and Guilford native Nick
 Fradiani gave a private performance for the students
 of Hop Brook Elementary School in Naugatuck in
 June to celebrate the school's winning achievement
 in this year's annual Bag It Up For Goodwill Donation
 Challenge. From left: Vickie Volpano, president and CEO,
 Goodwill of Western and Northern Connecticut; Fradiani;
 Hop Brook Principal Kathy Taylor; and Hop Brook teacher
 Debbie Langdon. (photo courtesy of Goodwill of Western &
 Northern Connecticut)
- Community Centers Inc. of Greenwich held its sixth annual spring luncheon in April at the Belle Haven Club with special guest and famed event planner David Monn. From left, Holli Cutting, Haley Emlinger, Emma Pennington, Monn, Tina Volkwein, Claire Weil, Mary Melvin and Cheryl Simon. (photo by Elaine Ubiña)
- 6. The Shubert Theatre in New Haven hosted a fundraiser in conjunction with the opening night of Dirty Dancing in April. Party guests and members of the cast enjoyed Watermelon Fizz cocktails, cheese fondue and played shuffleboard at "Kellerman's Resort at the Shubert." From left: Andrew Wolf, New Haven's director of cultural affairs; Emma Parris; Eleanor Bergstein, writer and producer of Dirty Dancing; and Fred Parris, original member of The Five Satins, and writer of the hit song featured in Dirty Dancing "In The Still of the Night." (photo by Elizabeth Verrastro)
- 7. Academy Award-winning actress Marlee Matlin was the honorary chairwoman as the American School for the Deaf celebrated its bicentennial at the Connecticut Convention Center in April. From left, West Hartford Mayor Shari Cantor; Harold Smullen, president of ASD's Board of Directors; Barbara Cassin, chairwoman of the Bicentennial Celebration Committee and a 1975 alumna of ASD; Greg Barats, president and CEO of The Hartford Steam Boiler Inspection and Insurance Co. and general chairman of the ASD gala; Matlin; Jeffrey Bravin, executive director of ASD; and Gov. Dannel P. Malloy. (photo by Defining Studios Photo and Video)
- 8. Supporters of The William Benton Museum of Art at UConn celebrated its 50th anniversary in April. From left: UConn President Susan Herbst; Anne D'Alleva, dean of the UConn School of Fine Arts; Carol LeWitt, chairwoman of the 50th anniversary party; Nancy Stula, executive director of the Benton Museum; and Bruce Josephy, vice chairman of the Union for Reform Judaism Community-Southern New England. (photo by Kim Bova)















- The United Spinal Association Connecticut Chapter raised \$30,000 at its eighth annual Twilight Gala and Auction held at the Aqua Turf Club in Plantsville in March. Front row, from left: Bill Mancini, Tim Fournier, John Estevess. Second row: Bryan Tronosky, Nicole Lepage, Sen. Richard Blumenthal, Diana Pernigotti, Dr. Subramani Seetharama. Back row: Christa Green, master of ceremonies and FOX61 anchor and reporter Tim Lammers, Kerri Lammers. (photo courtesy of United Spinal Association, Connecticut Chapter)
- The Aurora Women and Girls Foundation hosted the forum **Building Futures** for Women and Girls at the Legislative Office Building in Hartford in April. The discussion was moderated by Diane Smith, president of Diane Smith Media, pictured at far left, and included panelists, from left, Tara Spain, vice president & COO of the Travelers Foundation; Amy Barzach, director of the Women's Advancement Initiative at the University of Hartford; Jessica Floyd, a student at the University of Hartford; Rhona Free, president of the University of Saint Joseph; Aeriel Denmark, a student at Manchester Community College; David Johnston, executive director of the Center for Higher Education Retention Excellence; Deborah Ullman, CEO of the YWCA Hartford Region; Estela Lopez, former provost of the Connecticut Board of Regents for Higher Education; Carolyn Van Newkirk Hoffman, member of the Aurora Board; Gena Glickman, president of Manchester Community College; and Karen Jarmoc, chairwoman of the Connecticut Commission on Women, Children & Seniors and Aurora Board president. (photo by Aurora Foundation For Women and Girls in Greater Hartford)
- Students and recent graduates had the opportunity to hear firsthand the real-life perspectives of career design professionals at the Connecticut Art **Directors Club Student Conference** at Western Connecticut State University in April. Pictured are Alyson Bowman, center, senior designer for Connecticut Magazine and The Connecticut Bride, along with illustration majors Killian Bradbury '17, left, who designed a full-page illustration for the November 2016 issue of Connecticut Magazine; and Paige Grant '16, illustrator of the February 2017 cover. (photo by Jack Tom, Western Connecticut State University)

Send your photos to steppingout@connecticutmag.com









When you arrive at the Pleasant Valley Drive-In, set in a grassy field within a hamlet that really is called Pleasant Valley, you will feel you have stepped back into another century.

This makes perfect sense, as this place, one of only three surviving drive-in movie theaters in Connecticut, opened in 1947.

Has it changed much? When I pose this question to Melissa Colman on a mellow Thursday night in mid-June as she and her husband and their 8-month-old son settle in for a double feature, she tells me: "I was probably 7 when I was last here. It literally looks the same."

The concession stand prices are also from another time: \$3.25 for a hot dog, \$3.50 for a small popcorn, etc. Admission (cash only) is \$10 for ages 13 and up, \$5 for ages 6-12, free for ages 5 and under. Thursday is "carload night": \$20 for a whole crew.

Before the movies begin (*Cars 3*, followed by *Captain Underpants*), we are serenaded by a medley of 1950s hits — "At the Hop," "Charlie Brown," "Blue Moon" — played from a boombox atop Richard Crump's pick-up truck.

I ask Crump what he does at the drive-in, and he says: "Just about everything. I clean the lot, I cook if I'm needed, I park cars, I paint, I trim the trees." (Indeed, trees

PLEASANT VALLEY DRIVE-IN

47 RIVER ROAD, PLEASANT VALLEY (BARKHAMSTED)

Open Thursday night-Sunday night
during summer
Gates open at 6:30 p.m. Showtime
is about 30 minutes after sunset.
860-379-6102,
pleasantvalleydriveinmovies.com

surround the property.)

When I note there is no marquee out front, Crump replies, "The movies are not advertised [that way]. I put out the posters early in the week at the front window of the ticket booth."

Inside that small booth, the nerve center of the drive-in, sits Donna McGrane, who co-owns the theater with her husband, Tim McGrane. The McGranes bought the theater in 1996 and have successfully preserved its old-time ambiance. In doing so, they are also preserving their own youthful days.

"I grew up right down the street," she says, pointing over her shoulder. "My mom

worked in the kitchen here; my dad ran the projector on weekends. So I grew up here." (While her parents worked, she saw hundreds of movies.)

McGrane notes she and her husband ("my maintenance man"), who spends much of his time at his restaurant in nearby Winsted, are the fifth owners of this drive-in.

Inevitably, there have been a few changes, even at Pleasant Valley. "About six years ago during the winter, the screen came down," she recalls. "A really bad high wind did it. That cost a pretty penny to replace, six or seven grand."

The second change was forced upon the McGranes by the movie industry. A few years ago, studios required theater operators to "go digital" on their projection equipment. The cost for that was \$80,000. "The community got together and raised \$21,000 for us," McGrane says. "I can't even talk about it. It makes me cry."

The one upside of the digital changeover: McGrane no longer has to pay for a projectionist. But it's still run out of the original tiny structure that adjoins the equally ancient bathrooms. "Every building here is original except for the ticket booth," she says.

Occasionally McGrane pauses in our conversation to welcome a car pulling up to

the window of her booth. "Tune in to 87.9 on your radio," she tells every customer. "And you just need to park by a yellow pole." (Yes, that's another change: no more portable speakers to hang out your car window.)

McGrane is keeping her eyes on the cloudy sky and worrying about it. But she rarely closes. Only a severe thunderstorm and heavy sustained rain can shut down Pleasant Valley.

I ask about that name and she tells me, "Oh, this IS the town of Pleasant Valley. It's a hamlet of Barkhamsted."

I remark to McGrane that drive-in theaters seem to be surviving only in rural areas; besides Pleasant Valley, Connecticut has just the Mansfield Drive-in and the Southington Drive-in, which is now owned by that town and run by volunteer community groups. She notes Mansfield has three screens "but it's on a blacktop (parking lot). People like coming here because it's so old-fashioned. They like to sit out on the grass. A lot of grandparents bring their grandkids. They want them to go to a drive-in theater while there still is one."

When I come upon the Roy family of Winsted, mom Shaliene and dad Steve are setting up lawn chairs while their four kids, ages 8-14, nestle in the large back seat of their station wagon. "Whatever we need, we have it!" Steve says. "Pillows, food, sleeping bags, bug spray. You can even bring your dog if you want."

Citing the prices at Pleasant Valley, he



Donna McGrane, owner and operator of Pleasant Valley Drive-in in Barkhamsted, with her daugher, Shannon McGrane, 24, who is a social worker during the day and works in the drive-in's snack bar (shown below) on movie nights for the past 10 years.

adds: "You can't beat it. It's over 10 bucks each to go to a regular theater. Here tonight ('carload night'), six of us are seeing two movies for just 20 bucks."

"This is an experience a lot of people don't get to have," Shaliene points out. "To me, it's your picturesque classic drive-in."

Their son, Noah, pipes up: "They show good movies and we have our own personal space. It's very comfy. You can't lay down at a movie theater."

But how long can Pleasant Valley continue? "I'll keep doing this as long as I'm physically able and as long as people are still coming and bringing their kids," McGrane says. "And my elder daughter has shown an interest in taking it over one day."

McGrane adds: "Last summer we had the busiest season in our 21 years! We had 15 or 16 sold-out nights (250 cars is the limit). It was just crazy!"

Randall Beach is the longtime columnist for the New Haven Register, where his column appears Fridays and Sundays. He enjoys his New Haven neighborhood, running through the city's streets and parks and hanging out in its coffee shops. At home he plays his many 1960s and '70s rock'n' roll albums and CDs.





Clockwise from left: Janet Rice, Yadira Rivera, Angel Torres and Diego Lopez, all youth development advisers with Compass Peacebuilders. PHOTOS BY MICHAEL LEE-MURPHY

THE ORGANIZATION: Compass Peacebuilders

THE STORY: How do wars end? The common wisdom is that there are two distinct ways. The first is a complete victory of one side over the other. The second (and far more common) result is a negotiated settlement, in which combatants and victims are brought to the table, their input incorporated into the coming peace. The lessons from civil wars and ethnic conflicts in other parts of the world are clear: you have to talk to the people who fought. It is only those who fought the war who can build the peace.

The drug war — like any war — has its prisoners, its survivors and its veterans. In Hartford, it has its own peace process.

In a community center on Martin Street in the North End of Hartford, the youth anti-violence group Compass Peacebuilders is gathered for a Saturday barbecue. The unexpected appearance of an unknown face, with a notebook and camera in hand, has created some unease among the young people on the block, but Diego Lopez has smoothed it out. He can do that because he has earned a certain credibility.

Lopez is a former Latin King and is now one of 11 youth development advisers (YDAs) with the Peacebuilders and the team leader for the South End, after doing some 16 years in prison. The male YDAs are mostly veterans of the Hartford gang wars of the 1990s between Los Solidos, Latin Kings and other gangs, when the city's homicide rate was twice what it is now. Most of them have done lengthy bids in prison. The women have often lost sons and partners to the same violence.

Angel Torres, another YDA and a former Solido, has used the credibility he gained from his time in the streets to extract kids from his old gang. It is notoriously difficult to leave gangs, and usually involves a severe beating, Torres says with pride at having spared kids the fate. Like Lopez and the other YDAs, Torres is afforded a level of respect. (He says he was something of an enforcer for Los Solidos in the now-demolished Charter Oak housing projects in the 1990s.) His experience is typical of the truth Compass Peacebuilders has uncovered. Only someone with his background can do that kind of lifesaving work. "I guess people's repertoire from back in the day still follows [them]," Torres says. Current gang members show him respect.

It is a respect that exists distinct from fear. It is the recognition of the same streets walked, the same feelings felt. It is clear that they were once, and still are, leaders of men. "We started to attack preventing violence with the same tenacity and intensity that we had in being a gang member," says Iran Nazario, the founder of the Peacebuilders.

Torres says that two years ago a gang leader, whom he previously had to argue with to allow him to extract a kid from the gang, came to him looking for help, wanting to get out. Torres says he began trying to find the man a job. "Part of being a leader, and trying to change a community, you have to work with everyone," Torres says. Two days after reaching out to Torres, the gang member was murdered.

Over the years, says Assistant Director Tara Harris, the Peacebuilders have moved from working exclusively on crisis intervention on Hartford's streets and in hospitals, to a model that incorporates case management and proactive intervention in the schools and on an ongoing basis.

The Peacebuilders team is the brainchild of Nazario, who was a leader in Los Solidos in the 1990s and has done jail time related to gang activity. He has been involved in various violence-prevention programs in the city since the mid-2000s. Peacebuilders started in 2006 as a function of the larger Compass Youth Services organization. In its model and its philosophy, the Peacebuilders share some similarities to the Cure Violence model originating in Chicago.

"Your experience never goes away: that instinct, that gut, that experience, that muscle memory. ... once you're back on the street, you immediately return to: 'I know what that's about. I know they're going to fight. I know he has a gun. I know he's down with this gang.' We're able to pick those things out, and that makes us effective," Nazario says.

The women of the Peacebuilders, too, bring with them knowledge of Hartford's streets that can't be learned from a book. Janet Rice and Yadira Rivera, both YDAs, have lost loved ones, and can speak to the specific pain experienced by women. Rice's son was shot to death in 2012. For her, Peacebuilders is healing work. "If I can help a mom not have to endure the pain that I went through, then I'm doing my work. If I can save a kid from being shot and killed ... I've done a lifetime's work," she said.

In 2004, the 21-year-old father of Rivera's daughter was killed. Her work with young women is, again, one of similar journeys traveled. "We try to give them life skills. The good thing about our program is we can share what we've been through in our lives. I was a mother at the age of 15. At the age of 16 I had two kids. I was able to share my mistakes and what I did wrong," Rivera says. Her oldest daughter came through the program as a young woman and just graduated high school. She will attend Eastern Connecticut State University in the fall. She wants to study social work.

If you have an organization with an event that you'd like us to consider for the Community page, please send the details to mmurphy@connecticutmag.com.



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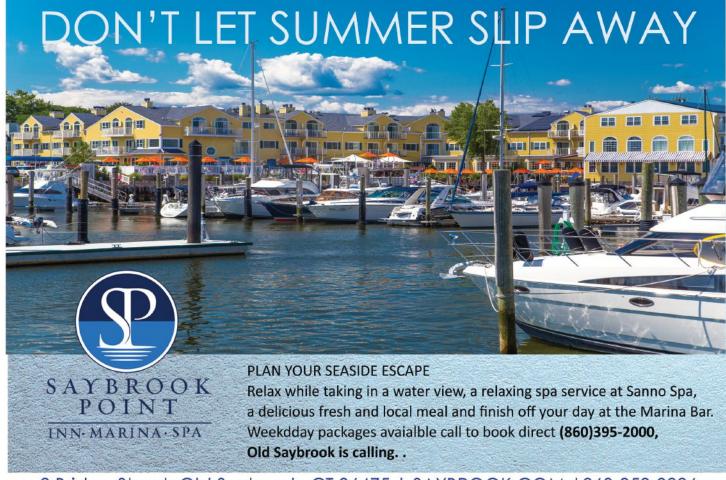














this month the short list

KING OF QUEENS AT FOXWOODS

Dad humor has become something of a cultural touchstone recently. Its markers are good-natured fun, in which the teller of the joke bears a certain self-awareness and a wink that the audience is invited to laugh at the joke's teller, too. Kevin James has been one of the best there is at the genre. His physical, bordering on slapstick, style of comedy has that rare ability to make an audience laugh without even saying anything. Check him out at Foxwoods on Aug. 5. Shows are at 7:30 and 10:15 p.m. Tickets start at \$54.

foxwoods.com/shows

See August 2017 calendar listings at connecticutmag.com/calendar

STORY SLAM

All summer long, the historic Butler-McCook House — one of the oldest homes in Hartford has been hosting Story Slam events. Ever wanted to be on *The Moth*, the popular story-telling show on public radio? Here's your chance to get your story up to snuff. There is a workshop on Aug. 10 to bounce your ideas off others from 3-5 p.m., followed by an open-mic event from 5:30-7:30. The events seek to address issues related to "racism, labor issues/the working class, women's rights, and the immigrant story." ctlandmarks.org/butler-events

CANTON LOBSTER FEST

For nearly four decades, the Canton Volunteer Fire Department has been putting on its annual Lobsterfest at the fire station at 14 Canton Springs Road. The 2017 edition is slated for Aug. 18-20. A \$20 ticket includes one full lobster, a piece of corn, a bowl of New England clam chowder, and a drink. Live music on Aug. 18 and 19 will have you dancing. Beer, face painting, and a dessert bar will also be part of the fest. facebook.com/lobsterfestcanton

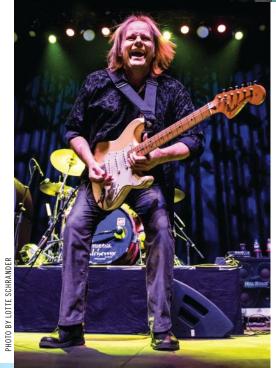


PHOTO BY TOM CALTARIANO

SIMSBURY BLUES

Another outdoor summer music festival is coming your way, and this time it's blues at Simsbury Meadows. This August is the five-year anniversary of the 2 Left Feet Blues Festival, featuring three days of guitar shredding Aug. 25-27 at the Simsbury Meadows Performing Arts Center. "King" Solomon Hicks, Savoy Brown and Walter Trout (pictured) headline the three nights, respectively. Check the website for ticket prices and information about camping. And there can't be a much better venue for a music festival than the lovely surroundings of the Simsbury Meadows outdoor

2leftfeetbluesfestival.com

OYSTERS AHOY

Few things say summer better than wonderful seafood. Tasting the tang of the sea and gazing out over Long Island Sound is among the most quintessential Connecticut summer activities available to Nutmeggers. On Aug. 19 in downtown Milford, the 43rd annual Milford Oyster Festival is rocking and rolling from 10 a.m. to 6 p.m. On tap: Live music from Blackberry Smoke and the Artimus Pyle Band, all types of food, and the \$5 Oyster Eve event on Aug. 18 from 6-10 p.m. at Lisman Landing on the harbor. The main Saturday event is free.

milfordoysterfestival.com







www.fivestarprofessional.com

this month | front row

Glenn Close and Katharine Hepburn have a lot in common. Both were born and raised in Connecticut. Both are considered among the finest actors of their generations. And both were known (in Close's case, still is) for an independent streak that sometimes defied convention and led them down unique paths. With an acting career that's still going strong — the six-time Academy Award nominee who starred in Fatal Attraction, The Natural and Dangerous Liaisons has five movies scheduled for release this year — Close will be the second recipient of the Spirit of Katharine Hepburn Award. Given by the Katharine Hepburn Cultural Arts Center in Old Saybrook, the annual award honors a person who embodies Hepburn's spirit, independence and character. Close will receive the award at the cultural organization's summer gala on Aug. 26.

Could you tell us about what role Connecticut has played in shaping your life and career?

Connecticut means everything in my life, because my early childhood was literally running around the Connecticut countryside. I was lucky enough to grow up on a [Greenwich] property that belonged to my grandfather, and we could have been in Iowa! We had woods and fields and streams and a little feisty Shetland pony. I was very, very, very connected to nature. I loved the stone walls, I loved the trees, I loved the buttercups and the Queen Anne's lace and the hay barn and the hayfield. Everything about it. There was a lake in the woods that was a little scary to me because it was dark and it supposedly had snapping turtles at one end. There was a dam at the other end and we would swim, we would jump in in our little orange life preservers and swim around. It was pretty idyllic and I've always felt that being so connected to the countryside, to those great Yankee stone walls, has given me a kind of resilience and strength that I might not have had, had I not had that early childhood.

You went to Rosemary Hall, a private girls school in Greenwich. Did you act there?

I sure did. I was in the drama club and every year we put on because they had this beautiful outdoor amphitheater — we put on a Shakespeare play. In my senior year I was Romeo. I was in a group called The Fingernails: The Group with Polish, where we would put on assemblies for the school and we'd do skits and songs and satire around various pop things of the day, and pop songs and changing the words.

Were those your first acting classes?

I had done some before. I always was acting in my mind. Growing up we had a chest full of puppets, and we were always pretending, playing games. An actor is called a player. Shakespeare called actors players. You have the full run of your imagination when you're little ... Now everyone has all these fancy tools for kids, but for us it was the outdoors. I remember I had a Noah's ark [toy] that I loved. I have one little wooden animal left from it. And all the puppets, and just pretending. I always wanted to be a cowboy, so my sister and I played cowboys all the time.

GLENN CLOSE

AT THE KATE'S ANNUAL SUMMER GALA

AUG. 26 | 6 P.M.

THE KATHARINE HEPBURN CULTURAL ARTS CENTER **OLD SAYBROOK**

Tickets: start at \$275 877-503-1286, katharinehepburntheater.org

I read that watching the Katharine Hepburn interview with Dick Cavett was a formative experience for you.

It wasn't formative, because I was a senior in college, but it was a galvanizing experience. I knew what I wanted to do, and after seeing that, I went to the head of the William & Mary theater department and



said, "I want to be nominated for certain national auditions." That led to my first job. I always had huge admiration for Hepburn. We're both from Connecticut, our fathers were both doctors. I loved her whole demeanor. She stood for me as somebody who had great strength and a great sense of who she was. [She] didn't kowtow to anyone and really forged her own path. I always have great respect for that. It's famous because it's the only interview she ever did on television. I was at the Kennedy Center Honors when she was honored and she was fantastic. She came to that very glittering gathering in a black raincoat, black trousers, black turtleneck, and shiny black Reeboks. And I thought, "How cool is that?"

You are receiving the Spirit of Katharine Hepburn Award. What, to you, is that spirit?

A lot of it is what I would consider a New England Yankee spirit. You don't complain. You do your work, you work hard. You don't necessarily cover yourself with jewels. A nice baggy sweater and a comfortable pair of shoes is just fine. There's a kind of austerity, a kind of hard-work ethic, unadorned. I'm humbled [by the award], and very honored by it. For me it's a deep, deep compliment. I'm actually rather speechless about it.

You've been quite outspoken about mental health in recent years. What do you see as the importance of investing in mental health care?

Oh, my God. One in four people is affected by it. It's part of the human condition. It's chronic and it should be openly discussed and heavily financed. It would make a difference in millions of people's lives, and the fact that it's not better funded is a crime to me. It makes absolutely no sense. A lot of the psychiatric hospitals were shut down under Reagan with the idea that communities would take care of their mentally ill. That didn't happen, of course. They didn't get funding. There's an incredible dearth of places for people to go who need help that are funded, not by grants, but just by the way other health initiatives are funded. A lot of times you have to apply for a grant to take care of some aspect of somebody with mental illness. They could have perished before you get the money; it doesn't make sense. Mental health should be treated like any other kind of physical health.

When did mental health funding become important to you?

When my sister said she couldn't stop thinking about killing herself. My sister has bipolar disorder, and her son had been diagnosed before she was properly diagnosed. My nephew has schizoaffective disorder, and he was two years in a psychiatric hospital and we were extremely lucky as a family to be able to support that. Because if we didn't have the money he would have been on the street and probably in and out of jail. So it's very close to me because my beloved sister, it's something she's fought with, fought against her whole life. She wrote an amazing book called Resilience where she's so brutally honest about what it meant in her life and the life of her husband and kids. For me, I say mental health and mental illness is a family affair. A lot of it is genetically passed on, as well as there's trigger points. It's very personal to me. So fighting against the stigma, which can be just as bad as the illness, and for anything that will get people help that need it and for open conversation is a no-brainer for me. | MICHAEL LEE-MURPHY |



CONNECTICUT'S COUNTRY FAIRS BRING THE STATE'S AGRICULTURAL HISTORY TO LIFE

BY MICHAEL LEE-MURPHY

In many pre-modern cultures, the point in the earth's cycle around the sun that corresponds to our late August and September was harvest time, a time for feasts, festivals and celebration. People had to remind themselves, as the days got shorter and the nights got longer and colder, the world was not ending. (Schoolage children getting ready to head back to class can perhaps relate.) The ancient Celts had the festival Samhain, and here in New England, we have the classic country fair. An ode to our agricultural past, and even our present, the fairs throughout Connecticut are more than an excuse for fried dough and carnival games. They are a moment when agricultural communities come together to articulate a vision of themselves, a vision of their histories. Here's our list of country fairs from late August through October.

LEBANON COUNTRY FAIR

AUG. 11-13

The Lebanon Lions Club has been operating this fair since 1959, and the sense of community is strong here. Proceeds go to providing scholarships for Lyman Memorial High School students, and the Lions Club prepares much of the food on site, along with other local nonprofits. There will be kids' games, pageants, tournaments, a demolition derby, truck pulls and lots of performers. Check the website for entertainment announcements. \$10 Friday, \$11 Saturday and Sunday,

free for children under 12 lebanoncountryfair.org

WOLCOTT FAIR

AUG. 18-20

According to the website, some 30,000 people come to this three-day fair that has been running since 1979. Pig racing, barrel racing and an arm-wrestling competition are the daytime entertainment options, while nighttime acts Darik and the Funbags, Mark Wills and Tusk feature on Friday, Saturday and Sunday nights, respectively. \$6 before 4 p.m., \$8 after 4 p.m. \$19 three-day pass wolcottfair.com

BROOKLYN FAIR

AUG. 24-27

Eastern Connecticut is the most rural, sparsely populated part of the state and agriculture still shapes life here. The Brooklyn Fair is recognized as the oldest still-active agricultural fair in the U.S., having debuted in 1809. Racing pigs, tractor, ox and horse pulls, and lawn-mower racing are there for some bona fide, country-fried entertainment, while Jake Worthington, Dylan Scott, Parmalee, Annie Brobst and Chelsey Carter play the main stage.

\$10 for adults, \$8 for seniors and children brooklynfair.org

CHESTER FAIR

AUG. 25-27

This fair has been running for 140 years, the first Chester Fair being in 1877. That year, some town elders got together and decided to hold a showcase "to promote and awaken an intelligent interest in Agricultural and Mechanical pursuits," according to the fair's website. Local bands play all three nights, and all the usual animal competitions will be taking place. \$8 for adults, free for children under 12, \$6 for seniors, \$21 three-day pass chesterfair.org



Berlin Fair

GOSHEN FAIR

SEPT. 2-4

This major agricultural fair, marking its 105th year this fall, offers a smorgasbord of entertainment, activities and, of course, food. Come for the livestock judging, truck pulls, draft horse show, woodcutting competition, adult spelling bee, hay bale-toss, pie-eating and skilletthrow contests, and fireworks. Music includes the Soul Sound Revue, '80s tribute band Aquanett, and bluegrass collective Zolla Boys. For the kids, the Super Scientific Fair and the Muttville Comix, a canine slapstick comedy act, will perform daily on the children's stage. In addition to Aquanett and Zolla Boys, another new addition this year is gymkhana (equestrian speed pattern racing) in the Show Square. \$10 for adults, \$5 for seniors on Saturday only, free for children under 12 goshenfair.org

HEBRON HARVEST FAIR

SEPT. 7-10

Although a relatively young fair, with humble beginnings in 1971, this fourday event has turned into a big-time extravaganza. Produced by the Hebron Lions Agricultural Society, the fair features animal displays and pulls, loads of food options, truck pulls, country music, a carnival midway and fireworks. A variety of concerts are scheduled for all four days, including the Canadian country duo High Valley and Mississippi singer William Michael Morgan. \$6.50 Thursday, \$13 Fri.-Sun., seniors admitted free before 4 p.m. Friday, free for children under 12 hebronharvestfair.org

BERLIN FAIR

SEPT. 15-17

Again, the local Lions Club is responsible for putting together this fair, as it has every year since 1948. (An earlier incarnation of the fair was held every year from 1882 until 1919.) Frankie Ballard will be the headlining musical act on Saturday, and Jeff Pitchell & The Legends will headline on Sunday. \$12 each day, \$8 for seniors, free for children 11 and under ctberlinfair.com

DURHAM FAIR

SEPT. 21-24

In good weather, the fair might see as many as 200,000 people come to this town of 7,000 over the course of the fourday event. Commercial tents, livestock tents, exhibits, competitions, horse pulls, tractor pulls: you want it, the Durham Fair has it. This year, the fair's 98th, there is even a monster truck rally. Pat Benatar plays the main stage on Saturday night, and stay tuned for the announcement of the Sunday act. Also check the website for parking advice, because getting in and out of Durham can be a doozy when the fair is on.

\$9 Thursday, \$14 Fri.-Sun., \$35 four-day admission durhamfair.com

MORE FAIR FUN

POTATO AND CORN FESTIVAL, NORTH BRANFORD Aug. 4-6

BRIDGEWATER COUNTRY FAIR Aug. 18-20

HAMBURG FAIR, LYME Aug. 18-20

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TERRYVILLE LIONS
COUNTRY FAIR Aug. 25-27

HADDAM NECK FAIR Sept. 1-4

WOODSTOCK FAIR SEPT. 1-4

NORTH HAVEN FAIR Sept. 7-10

WAPPING FAIR,

SOUTH WINDSOR Sept. 7-10

BETHLEHEM FAIR Sept. 8-10

LEDYARD FAIR Sept. 8-10

FOUR TOWN FAIR, SOMERS Sept. 14-17

GUILFORD AGRICULTURAL FAIR Sept. 15-17

ORANGE COUNTRY FAIR Sept. 16-17

HARWINTON FAIR Oct. 6-8

PORTLAND FAIR Oct. 6-8

RIVERTON FAIR Oct. 13-15

I this month | experience

Biking Toward Canada

WE EXPLORE A SCENIC, BITE-SIZE PORTION OF A NEWLY DESIGNATED BICYCLE ROUTE IN NEW MILFORD

BY ERIK OFGANG

New Milford's aptly named River Road lay before me like a welcome mat. It hugged the banks of the Housatonic River, and the soft sound of shifting water filled the air. A canopy of branches shielded the summer sun, birds sang in the trees and the only thing that would have been out of place in a painting was this reporter lumbering down the road on a bicycle.

This was my first jaunt on the quiet roadway. Pedaling across the trail, I was surprised I had never before heard it was a great place to bike. I live only 25 minutes away (in this part of Connecticut, that's nearby) and had driven many times along Route 7, just across the river from the dirt road I was now on.

River Road in New Milford comprises a small, 4.3-mile portion of the Western New England Greenway, a sprawling bicycle route that is newly designated as a part of the U.S. Bicycle Route System by the American Association of State Highway and Transportation Officials, which makes the route a part of the national Adventure Cycling Association mapping system.

The Western New England Greenway was initially launched by a group of Connecticut volunteers, and runs from Norwalk all the way to Montreal, Canada, offering a sprawling, multi-state, multi-country trek of more than 300 miles. The route is designated U.S. Bicycle Route 7 and follows the path of Route 7 up to Canada, but utilizes nearby country back roads, dirt roads and existing bick trails.

"We made a real effort to get people off Route 7 and to find other routes," says Dan McGuinness, a member of the Western New England Greenway executive committee and one of the volunteers who helped plan the route.

In Connecticut, the route begins at the intersection of Strawberry Hill Avenue and Route 136 in Norwalk, then winds its way up the western border of the state, through towns such as Bethel, Brookfield, New Milford, Kent and Falls Village. All



told, more than 80 miles of Connecticut roadway are covered in the route, then it goes into Massachusetts and Vermont, where it passes through Burlington and ultimately into Canada.

The trail does not always keep riders off Route 7, but "it's the best of what we can do," says McGuinness.

Dan Bolognani, executive director of the Upper Housatonic Valley National Heritage Area, which helped develop the greenway, adds, "The goal was low-speed, low-volume roadways, and that's what this route is made up of. It does cross Route 7 occasionally, but almost never is it right on Route 7."

Bolognani adds that it was also designed as a heritage bike trail that would be "an enriching experience that goes beyond just cycling."

In Connecticut the greenway passes near many museums and state parks, and incorporates three covered bridges — the West Cornwall Bridge, Bulls Bridge and the Kent Falls Covered Bridge.

The next step for the greenway, says Bolognani, is for signs to be designed and added so cyclists won't need to consult maps in order to follow the route.

The River Road portion of the trail in New Milford is a great introduction for those looking for just a taste of the 300-plus-mile route. This section is overseen by the New Milford River Trail Association. I began my ride at the New Milford River Trail, a 1½-mile gravel trail

that is closed to motorized vehicles and begins on Boardman Road (see infobox for parking directions). From this trail I made my way onto River Road, completing most of what is a 10-mile round trip if you traverse the River Trail and River Road. The River Trail part of this route is slightly more hilly than River Road, but both are enjoyable and the trail is a better place for kids to ride, as there are no cars.

This section of the greenway is a beautiful stretch to experience in an afternoon. I enjoyed the natural beauty while riding and was eager to continue around the next bend, sad that I hadn't allotted more time for exploration.

McGuinness says other sections of the greenway in Connecticut that are particularly scenic and have low-volume car traffic include the 4.3-mile Schaghticoke Road part in Kent and the portion of the route from Cornwall north into Falls Village.

For the past few years, McGuinness has ridden the entire greenway annually with other volunteers. Generally this group plans to cover about 45 miles a day and takes seven days to get to Burlington and eight days to Montreal. "We wanted to stop and look at things and goof off, and get in places [for the night] in time to have a beer," he says.

For those looking for additional riding opportunities, the route connects with the 3,130-mile La Route Verte in Canada, and in Norwalk it connects with the East

If You Go: To access the River Road portion of the Western New England Greenway in New Milford, cyclists can park cars at a small lot on Boardman Road. Set your GPS to where Boardman Road and Route 7 intersect, cross the Boardman Bridge on Boardman Road and there will be a small parking lot on your left. If the lot is full, as it often is, you have two options: 1. Go back to Route 7, turn right and there is a parking area on your right next to Bridges Tavern & Restaurant; 2. Take Boardman Road to River Road, turn left and drive until it turns into a dirt road, then turn left to park at the Sega Meadows Park lot.

Coast Greenway, which runs through Connecticut on its partially connected, 3,000-mile route from Maine to Florida.

But McGuinness stresses that the greenway can be enjoyed in as big or small portions as each rider desires. "You don't have to do big miles," he says. "It's a pretty ride; just go out and enjoy it."

As I learned in New Milford, even just a few miles of the greenway are perfect for a day trip. My brief ride has inspired plans for longer treks on the trail. I daydream of one day making it all the way to Canada. In the meantime, I'm happy exploring these quiet country roads in Connecticut.

For information about the Western New England Greenway, including complete routes and Google Map links, go to wnegreenway.org.

Roping, Riding ... and Dancing

HERE'S HOW GREENHORNS LEARNED THE ROPES FOR GOODSPEED'S PRODUCTION OF OKLAHOMA!



DIANE SOBOLEWSK

BY FRANK RIZZO

For Jake Swain, it's all about the wrist and its loose, fluid and hypnotic swivel that turns his rope into a swirling lasso. He's been practicing daily; he's twirling it as he walks to rehearsals. He's even spinning rope in his dreams.

The Utah native is playing champion steer roper Will Parker in Oklahoma! at the Goodspeed Opera House in East Haddam, now in previews and opening Aug. 2 and continuing through Sept. 23.

"I didn't get the job because I know how to lasso, lemme put it that way," a laughing Swain says during a break in rehearsals. Swain and some other cast members from the cowboy ensemble gathered recently to talk about the art of the cowboy way.

Swain got a bit of an assist from Chris McDaniel, "a professional rope tricker and a legit cowboy," says the actor.

"He walked in and right away he had street cred. He told me the wrist is everything, and my instructions from him were essentially, 'Wrist! ... Wrist! ... Wrist!' It was really hard, but then I slept on it and let it marinate and I woke up the next morning and I was far better than I was the day before."

The rope tricks are featured in Katie Spelman's choreography (based on Agnes De Mille's original dances) in the Rodgers & Hammerstein song "Kansas City," which has Swain's character returning from winning a roping contest at a state fair. The number is one of the highlights from the musical, which had its world premiere in 1943 at New Haven's Shubert Theatre — under the show's out-of-town title, Away We Go!

"The pressure is on," says Swain, who must sing, dance and act in the number. "That makes it hard because, when you're roping, it's all about being cool, calm and in control. You have to be one with the rope. It's very zen.

"But Will is a guy who is excitable, jittery and stoked on life, but I gotta control that as soon as I start roping because otherwise I'll get all tangled up."

Though rope spinning is a new skill, ranch life is not entirely foreign for the Utah-raised Swain. "Though I didn't grow up on a ranch, my grandpa did and I actually did own my own cow at one point. His name was Caramel. My dad and uncle thought it would be good character experience for me and my two cousins for each of us to have our own cow that we'd raise and sell. But honestly, I think I saw

the cow three times."

For some of the other cowboys on stage, to get into character, it's all about the hat.

For Kentucky's Tripp Hampton, who plays "Mike, the Cowboy" — everyone in the ensemble was given a character name — his hat looks mighty fine and new "so maybe Mike's doing all right."

Not so for the Tempe, Arizona-raised Alex Ringler, who is "Jess, a loner and a kind of bad-boy cowboy."

"My hat is almost falling apart in front, and I don't know if they're going to fix that, but I kind of like it that way," says Ringler. "If you're a cowboy out on the road a lot, you're not making the best money and you're going to have to wear your hat until it dies."

For Marco Antonio Santiago, who plays "Slim," he just wants one that will stay on his head as he dances. He found one that fit perfectly, "though it's so beat up it looks like they ran over it in the street."

So are these Broadway boys urbane cowboys?

"They're not letting us shave or cut our hair because they want us to be more rough looking," says Ringler.

"They told us, 'No plucking eyebrows!" says Santiago, who grew up in many places as "an army brat."

Santiago also relates to being a cowboy in an unexpected way.

"Being a cowboy is a lot like being an actor," he says. "People think it's such a great life, full of glam and the glitz, but then there are these lulls and valleys that we go through. And it's the same with cowboys."

Adding to their characters - and dancing challenges — are the weight of their boots, guns, holsters and chaps they wear.

The extra weight and the heel of the boot changes the balance in the men's method of dance.

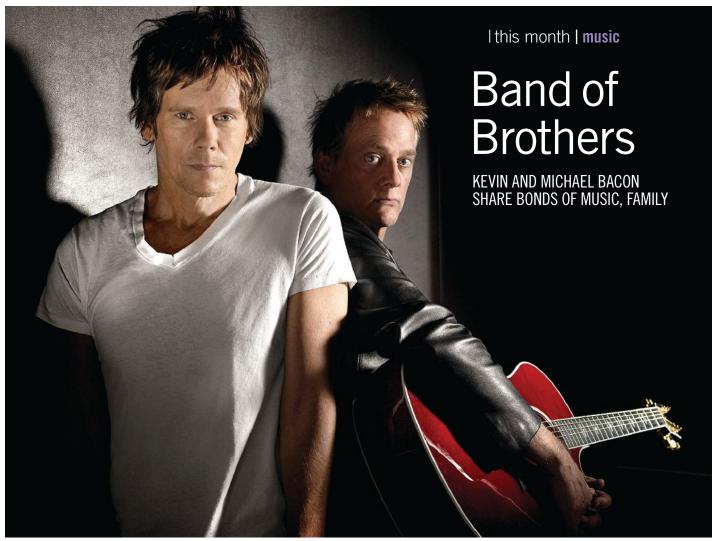
"But it's not as bad as other heels I've worn," says Ringler, whose last Goodspeed show was La Cage Aux Folles. "Your body naturally pitches forward when you're in any kind of heel, so you have to do other things to compensate and you can really feel it in your lower back. Also, physicalitywise, the legs are a little more spread apart, and dancing as cowboys means you're a little more grounded."

Despite the new dancing challenges, the men say they're enjoying their new roles.

"Because cowboys are cool, right?" says Hampton. "But I think if I take any of the cowboy swag that I do in the rehearsal hall into the real world, someone would very quickly say, 'Er, Tripp, nice try, but it's a no."







The Bacon Brothers band, with part-time Connecticut resident Kevin Bacon, left, and his brother Michael, is coming to the Ridgefield Playhouse. PHOTO BY TIMOTHY WHITE

BY MARYELLEN FILLO

Michael Bacon is an award-winning singer-songwriter, musician and filmscore composer known for documentaries including The Kennedys, The Man Who Loved Sharks and Young Dr. Freud. Kevin Bacon is a Connecticut resident and awardwinning actor known for works such as Footloose, A Few Good Men, Apollo 13 and Mystic River. Together the brothers are the centerpiece of The Bacon Brothers band and, as you can expect, two Bacons are better than one. The celebrities will share the stage at The Ridgefield Playhouse on Aug. 27. Through the miracle of technology, the two spent 30 minutes together, although hundreds of miles apart, to discuss their music, their careers and their love and admiration for each other.

I imagine all this artistic creativity has to have something to do with your family roots. Did you all sit around the living room and play music together when you were growing up?

Michael: Actually it was pretty much that way. It wasn't just music. Our parents believed we were put on Earth to express self-creativity, in music, art, dance, acting, painting. We also had four sisters, and between all of us, well,

that's the way the family ran.

Kevin: Funny, I was just looking at old videos of my kids and there was an awful lot of singing and playing and play acting. And that was the way it was when we growing up. Sometimes you almost forget how great that all was.

It's been more than 20 years since the band was launched. Individually, you've both crafted award-winning careers. How did the idea of a band galvanize? And how does celebrity affect the band being taken seriously?

Michael: I remember waiting for the green light from Kevin way back then. He had more to lose and more to risk. The history of actors starting bands is not generally received well by the public. When we were kids we wrote music and did demos. We ended up starting up something pretty casual. We did our first gig in Philadelphia after we got a couple of studio musicians. It was just for fun and Kevin ended up enjoying it. We would jump in the station wagon and perform at clubs along the East Coast and we didn't charge anything. Then we would go back to our regular lives. Someone heard us and asked us to do a record and we did, and now well, here we are.

Kevin: My acting helps and hinders the band. We did try to leverage it when it was useful for promoting the band, but we try to protect

ourselves from people who want to get close to the band just to get close to our celebrity. I mean, who we are probably does get people in the seats the first time, but what we want is for them to come back again because of our music.

Describe your music, and do you write what you want or what you think will draw a crowd?

Kevin: I think when we tried to write songs because we wanted them to be commercially successful they have not ended up as good as the ones we just kind of write from the heart. I know that might limit the commercial appeal, but I think it's the best thing we can do.

Michael: I don't think anyone knows what really sells. My feeling about the band is that we really haven't had commercial success. We have had to generate it with a lot of hard work and touring. Our hopes are one of our original songs will catch on like lightning striking. Like Hall & Oates with "She's Gone" or Simon & Garfunkel's "The Sound of Silence." That one sweet song that is the Holy Grail. We're still searching for it. That hasn't happened for us yet.

Kevin: If I knew that is what we needed I would be writing music all the time. That's the strange thing with writing music, sometimes you just hit writer's block. That's why we have

so much stuff to play and sing when we do a concert. We have written a lot of songs.

Michael, music is all of your career and heart and soul, so the band isn't a far stretch. But Kevin has that acting thing going on as well and as a music artist, any frustration that he isn't all in all the time?

Michael: I think we have found a rhythm for it. Kevin is usually off in the summers so that is when we do most of our touring as a band. And I have my music projects. I just wrote a cello concerto and am excited about that and just had a performance in New York City with a 35-piece orchestra. I also teach film scoring at two different colleges.

Kevin, you're an actor first. So when there is a difference of opinion musically, who's right?

Kevin: We don't use the word right or wrong, we just have differences of opinion. We actually navigate pretty well when it comes to the creativity involved with the band. Mike's theory when I have an idea is "try it." He has so much more experience than me. I usually defer to him but am learning more and more and am finding I have ideas and views that he listens to.

Kevin, five words to describe your brother.

Kevin: Deep, introspective, personable, musical, hilarious.

And Michael, what about Kevin?

Michael: Communicative. **Kevin:** *(chuckling)* Handsome.

Michael: Evocative.
Kevin: Charming.
Michael: Fearless.
Kevin: Handsome.

Michael: A great father and husband.

What are the best memories you share growing up?

Kevin: Michael is nine years older than me, so even when there were six kids in the house in Philadelphia he was the first to move on when he turned 16. I remember his music the best. He was always in bands and creating music. He used to perform as a solo and then a duo act around Philly.

Michael: Kevin was very musical as a kid and he was almost a music student. I remember all the parties my sisters and I would have at the house and he was still a kid. We were all older but he would hide and then somehow get involved in the fray.

Now Sharon in the Northwest Corner is sometimes home for Kevin. How does it feel to be heading back to Ridgefield Playhouse?

Kevin: Great! We have played Ridgefield before and it has a lot of good memories. We love to play there.

Michael: It's always good to return to a venue and fans that know us.

THE BACON BROTHERS

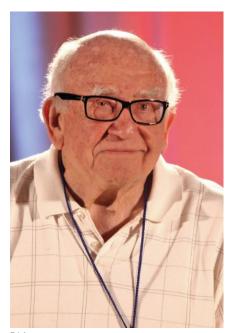
AUG. 27 | 8 P.M. The ridgefield playhouse

Tickets: \$67
203-438-5795, theridgefieldplayhouse.org





A Sensitive Chat With Ed Asner



Ed Asner photo by gage skidmore

"So how's your prostate?" I asked **Ed Asner** the other day.

It's not a question I pose to many people I interview. In fact, I've never asked it. But Asner was bringing his show *A Man and His Prostate* to Old Saybrook's Katharine Hepburn Cultural Arts Center Aug. 16-17, where he also did his solo show about FDR a few years back, and it seemed appropriate.

"Oh, my prostate is in fine shape," says the unmistakable crusty voice on the phone. "It's peripatetic."

But the show is really based on experiences of **Ed Weinberger**, who was writer-producer of *The Mary Tyler Moore Show*, the series that earned Asner an armful of Emmys.

Asner says the story follows Weinberger's travails when the comedy writer was vacationing in Italy and developed medical issues in the nether regions.

Prostate talk may be one of the last frontiers for polite conversation, at least

by men in a public setting, says Asner, 87. "I think it may tend to reflect their waning sexuality," he says, "Maybe, too, it's their prudery."

But the hesitation is not just for embarrassed men of a certain age.

Asner says that he showed the work to leadership in the prostate medical community. "But they didn't seem to want to pick up the banner [of the show], no matter how informative — and funny — the show is. They showed their own prudery."

But Asner persevered anyway and waves the prostate banner proudly.

"I call it the male response to *The Vagina Monologues*," he says.

katharinehepburntheater.org

THE SYBIL OF COMPOSERS

If it's Tuesday, it must be Tchaikovsky. **Hershey Felder** is a man of so many identities it's difficult to keep all of them straight. Even for him.

As a performer with a rotating repertoire, he's performed in solo shows behind a piano as Ludwig van Beethoven, Franz Liszt, Leonard Bernstein, Irving Berlin, Frederic Chopin and, most famously, George Gershwin. (His George Gershwin Alone and Monsieur Chopin were previous shows at Hartford Stage.)

"Eventually you just look at the color

of the costume and you think, 'Oh, that's the show I'm doing,'" says the prolific Felder, who has been performing his musical pieces for 20 years, giving more than 4,500 live performances.

Felder returns to the Hartford theater for

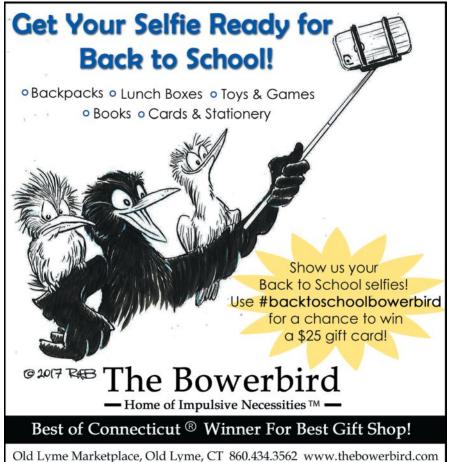


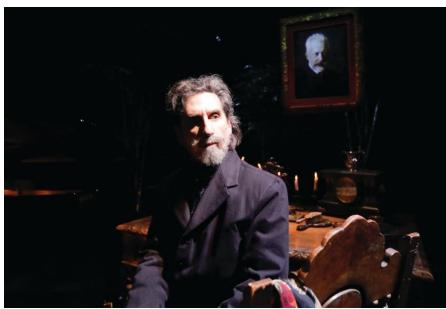
Hershey Felder HERSHEY FELDER PRESENTS

Our Great Tchaikovsky, in which he will play from Aug. 18-27 the most famous of Russian composers, best known for The Nutcracker Ballet and Swan Lake.

Felder says he learned that Tchaikovsky is the most popular composer in the world, based on sales, programs and uses of his music.

"[The music] is accessible, [but] at the





Hershey Felder in Our Great Tchaikovsky. HERSHEY FELDER PRESENTS

same time it's brilliant," he says. "It's inventive. It's also crazy and even the crazy part is accessible. It's not just intellectual. First of all, it's melodic. It's an endless supply of melody."

But it's the composer's personal story in which Felder also empathizes.

"I feel for him because he suffered greatly," says Felder, referring to the composer's homosexuality, which he wrote about in letters. "There was this problem and he didn't know how to deal with it, but he wasn't clueless, like some lost artist. He just didn't have the luxury of being able to speak about it as we do today. And that's a lot of this story. I have great compassion for him. Some of his story hurts so much. He suffers and he cries in his music and we're the beneficiaries of it."

hartfordstage.org

OH DAD, POOR DAD

Sure, we all know about King Lear, that it's-all-about-me king who had to deal with a storm, a fool, madness and a couple of ungrateful daughters.

But wait. Regan and Goneril have more to say — and so do those other Shakespearean next gens, Cordelia, Edgar and Edmund.

In Lear, which plays the Yale Summer Cabaret Aug. 4-13, the playwright Young Jean Lee refocuses on those darn existential kids.

"We want to learn so much more about these

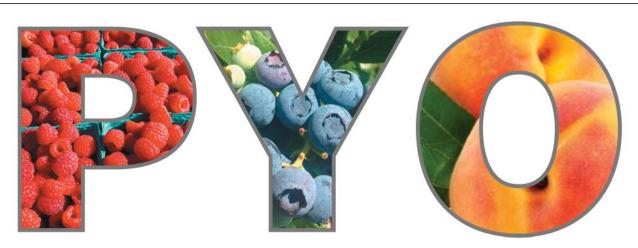
daughters," savs Shadi Ghaheri. who directs the production at the subterranean theater. "Young people can understand



Shadi Ghaheri

on a different level. It's the same questions looking from a different angle."

Like the current Broadway hit A Doll's House Part 2, which views its source material from another angle, so does Lear.



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"It asks the questions of what happens to you when you decide to cut someone else's suffering out of your life," says the show's dramaturg, Ariel Sibert. "What happens when you decide you can't deal with someone's aging or pain or mortality anymore? That's at the heart of the play and that has applications to children dealing with parents' dementia or chronic illness. It's really allegorically rich in that way.

"None of [these characters] are good and none of them are bad," says Ghaheri. "None of the characters are as black and white as they are in the original *King Lear. The New York Times* called the play 'a hot mess,' and I like that description because that's what love, life, death is.

"This is a generational play that only has one generation on stage, and that's the daughters of Lear and the sons of Gloucester. This is an adaptation that's really invested in a generation that is offstage, one that is howling in the storm and that affects the generation onstage. It alternates between suffering and solipsism." summercabaret17.org

I HEARD THAT ...

... Westport Country Playhouse earned top honors for its production of **Ayad Akhtar**'s *The Invisible Hand* at the recent



From left, Rajesh Bose, Fajer Kaisi, Eric Bryant and Jameal Ali in *The Invisible Hand* at Westport Country Playhouse.

Connecticut Critics Circle Awards. For those who missed this riveting play, Hartford's TheaterWorks will present the work in its 2017-18 season, again staged by the playhouse's associate artistic director, **David Kennedy** (who was honored as outstanding director of a play). It is not clear yet whether any of the actors from the Westport cast will repeat their roles in Hartford.

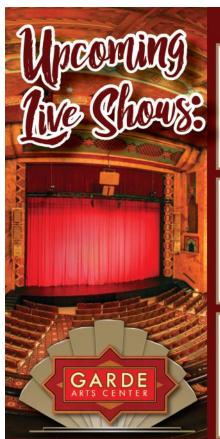
... Roxbury's **Jerry Adler**, who played politically incorrect law partner Howard Lyman in the CBS show *The Good Wife*

(as well as Hess in *The Sopranos*, the rabbi in *Northern Exposure* and a long list of other credits) will next step up to the role of **Jeffrey Tambor**'s father in Amazon's *Transparent*.

Frank Rizzo has covered the artsentertainment scene in Connecticut since disco reigned in the '70s, including nearly 34 years writing for the Hartford Courant. Email him at FrRiz@aol.com. Follow him on Twitter @ShowRiz.







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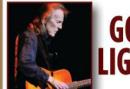
Sunday, September 10, 2017 | 7:00 pm



PJ MASKS LIVE!

TIME TO BE A HERO

Tuesday, September 19, 2017 | 6:00 pm



GORDON LIGHTFOOT

Saturday, September 23, 2017 | 8:00 pm



GARRISON KEILLOR

WITH ROBIN & LINDA WILLIAMS

Saturday, October 7, 2017 | 8:00 pm



MICHAEL McDONAI D

WITH SPECIAL GUEST MARC COHN

Sunday, October 15, 2017 | 7:00 pm



CHERISH THE LADIES

CELTIC CHRISTMAS

Friday, December 1, 2017 | 8:00 pm

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The Priority Waiting List – Your Front Door to Duncaster

Life in a retirement community doesn't necessarily mean a retiring lifestyle. At Duncaster, located in Bloomfield, Connecticut, everyone enjoys an array of amenities and activities, keeping their busy lifestyles without the worry of having to maintain houses.

However, according to Carol Ann McCormick, VP of Sales & Marketing, many current residents made their plans long before they moved to Duncaster.

"Our Priority Waiting List is your front door for Duncaster. People who choose to get on the List are usually pre-planning," explains McCormick. "In fact, the best time to join is a few years before you're planning to put your house or condo on the market. You can use the time you spend on the List putting your ducks in a row for the future."

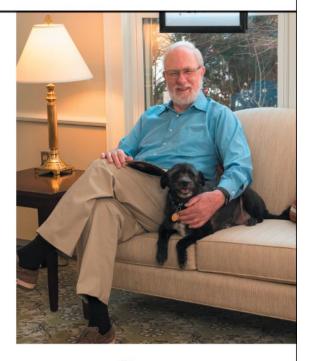
McCormick invites everyone who is interested to **call 860-380-5005 to schedule their complimentary tours** and explore Duncaster, to determine whether it is right for them.

"You'll find a wide range of options, including one-bedroom apartment homes, or larger options with multiple bedrooms, bathrooms or a home office," she says. "Getting on the List is the way to start building the future you want for yourself. There is no obligation or risk – the only risk is waiting to act after something happens that eliminates choices."

Pet-friendly living.

Duncaster welcomes your pets with open paws! So, along with all of the wide-ranging amenities and services available here, you and your best friend can stay active as you play or walk along the many trails throughout our beautiful campus.

Call 860-380-5006 to schedule your complimentary lunch and tour. Bring your pet along. We'll keep him or her entertained while you take the tour.





Duncaster.org | 40 Loeffler Road, Bloomfield, CT





A Smart Home for \$100

A smart, voice-activated digital assistant knows the mass of the sun in grams. (It's a big number.)

A clever digital assistant knows exactly what to say when told, "I want the truth." (All together: "You can't handle the truth!")

But the most valuable know-it-all digital assistant will, on your voiced command, dim the lights when House of Cards starts on Netflix, lock the front door when the nosy neighbor knocks and adjust the thermostat. (Brilliant!)

Wherever it resides, whether in a phone, speaker or (coming soon) refrigerator, a digital assistant is a device connected to your home network that, mimicking actual conversations, performs simple tasks on demand ("Alexa, play Jimi Hendrix"), recites the day's forecast or orders takeout from Pizza Hut. It can also control an increasing number of smart devices similarly connected to a home network, including a door lock (Yale), thermostat



(Ecobee) and a classic slow cooker (Belkin).

This year, 35.6 million Americans are expected to use a voice-activated digital assistant at least once, according to

Emarketer. Connecticut, with the thirdhighest percentage of homes in the United States with broadband internet access, is a voice-activated kind of state.

CONTINUED ON PAGE 35



Middlesex Hospital to Expand Cancer Services

Getting the best possible care close to home is essential for people fighting cancer. Middlesex Hospital recognizes this and is expanding the cancer services it currently offers.

This fall, a satellite Cancer Center will open at the Shoreline Medical Center in Westbrook. Medical oncology, infusion, radiation therapy and all the extra services that are available in Middletown will also be available in Westbrook. The difference: the new satellite center will mean easier access to care for patients who live in Connecticut shoreline towns. Cancer treatments can sometimes make patients tired or nauseous, and it can be difficult for them to travel. The satellite center will make their lives, and those who support them, a little easier.

Middlesex Hospital is known for its expert and dedicated staff, focused on providing patients with a compassionate, personalized treatment experience. Specially trained advance practice nurses will guide patients through the treatment and rehabilitation process.

Additionally, Middlesex Hospital is a member of the Mayo Clinic Care Network. The experts at Middlesex Hospital collaborate with worldrenowned Mayo Clinic cancer specialists providing patients with the best care possible, close to home.

Like the Cancer Center in Middletown, the satellite center will use the latest technology to diagnose and treat patients and will be accredited by leading organizations, including the American College of Surgeons Commission on Cancer and the National Accreditation Program for Breast Centers.

For more information, visit www.middlesexhospital.org, or call 860-358-2000

The Smarter Choice for Care





the CONNsumer | CONTINUED FROM PAGE 33

Our first smart-home-mojo installment laid out how to make your smartphone control your home's lighting and other electronics.

Now finger-to-phone sounds like hard labor. People can do the same thing with a voice-activated digital assistant otherwise known as the obedient kid who doesn't talk back. Here's how to get started for less than \$100 with a digital assistant and a set of smart plugs:

DIGITAL ASSISTANT

At our \$100 budget, there's only one choice: Amazon's diminutive Echo Dot, a \$49.99 hockey-puck speaker with seven microphones as Alexa's ears. It's the CONNsumer's choice on any budget. For a bigger voice, or if you listen to music frequently, simply connect the Dot to an existing audio system in your home.

The Alexa in the Dot is the same Alexa in Amazon's \$100 Tap, \$140 Echo and the new \$230 Echo Show with video display. Google Home, at \$109, is a smart speaker with unfulfilled promise despite a huge advantage in Google's knowledge base. And Apple appears to have packed a lot more speaker than Siri knowhow into its new \$349 HomePod.

Already have an Echo or Google Home speaker? If you're not using your virtual

household helper to control at least some lighting or other electronics, you're neglecting a large slice of your brainy assistant's temporal lobe.

With Alexa, there's no more smart-home brand loyalty. The CONNsumer uses at least five brands of smart devices and a mix of smart bulbs and conventional lighting attached to smart plugs that otherwise could not communicate with each other. After the initial setup of each smart plug or light bulb using the manufacturer's app, Alexa simply scans the house for new smart devices. (At last check, Alexa found 21 devices, including four fans.)

You might also like: a digital assistant as a lifeline link for the elderly, disabled or someone recovering from an injury.

Alexa can now make voice-activated calls to other people who also have either an Alexa-equipped speaker or the Alexa app.

SMART PLUG

A smart plug can control any brainless device in the house. Start connecting coffee makers, lamps, fans, humidifiers, space heaters and, to show them who's boss, your kids' TV.

Our \$100 mandate, unfortunately, eliminates iDevices of Avon, Belkin's WeMo and most familiar makers of smart plugs that start at \$30 or more.

The CONNsumer has learned not to fear inexpensive, off-brand smart plugs with a

"works with Alexa" approval, particularly if they're sold on amazon.com.

A slick little horizontal smart plug from Voion recently appeared there in a buyone, get-one deal for \$25. The CONNsumer doesn't mind the occasional Chinese text in the app. This thing works. Amazon must have been impressed, too: It's now the "Echo Alexa Smart WiFi Plug" and, with two for \$42.99, still not a bad deal.

You can do even better. Zapals.com sells a "smart remote control" plug for \$9.99 that it calls "The Ideal WiFi Master of your Home Electronics." Exactly.

Hollar, a new online store where nothing costs more than \$10, recently offered a more mainstream Wi-Fi smart plug from D-Link for \$9.95 each, less than a lot of traditional mechanical timers.

That's it. Pair five low-cost smart plugs with the Dot and you're on your way to a smart home for \$100. Keep searching for deals, or set up an alert at a deal-watcher like techbargains.com.

You might also like: Smart under-cabinet lighting on the cheap, pairing a smart plug with a flexible LED light strip and power supply like Oak Leaf's cut-to-fit 16.4-foot roll (\$8) and the Lighting Ever 12-volt/2-amp power supply (\$8), both at amazon.com.

Send your consumer complaints, concerns and tips to CONNsumer@connecticutmag.com.



THE PERFECT SHORELINE RETIREMENT

A world to explore, a vibrant community to come home to. A private, luxury, resort style community providing a lifestyle that embraces freedom, friendships and family. It's time to enjoy retirement the way it's meant to be.















Seabury And Seabury At Home Lead The Way In Life Care

Seabury is an Active Life Plan community located on 66 acres of beautiful countryside in Bloomfield, Connecticut. It combines architecturally distinct residences, state-of-the-art amenities and an independent lifestyle with the security of quality future long-term healthcare.

"We take pride in offering a very attractive quality of life with the comfort and security of Life Care," says Renee Bernasconi, Chief Strategy Officer and Senior Vice President of Marketing and Communications.

The Seabury campus has recently undergone a major transformation that included a redesign of the main lobby, a new community activity space, a luxury salon/day spa, a beautiful new bistro, an expansive chapel/auditorium and open meeting spaces for college-level courses provided by the Adult Learning Program. The project also included the creation of four unique styles of one- and two-bedroom Independent Living residences in Seabury's new South Wing.

Seabury also offers a Seabury At Home, the first home-based Life Care program for active adults over 50 in Connecticut. Seabury At Home offers individuals the independence of living at home with the peace of mind that comes with knowing their current and future healthcare needs are covered.

Seabury's age requirement is 50, one of the lowest in the country. They encourage prospects to consider the transition while they are still active and healthy enough to qualify for Life Care and fully experience all that life at Seabury has to offer.

"Our residents, and those in the Seabury At Home program, are optimistic and looking toward the future," says CEO Richard Heath. "Seabury is invested in providing the best security and care options to help them live life to the fullest."

Call (860) 243-6081 today to reserve your spot at an upcoming information session, on the first Thursday, or third Wednesday of every month.





Summer is here and we are nearing completion on 68 new one- and two-bedroom Independent Living residences in Seabury's South Wing.

We're very excited to welcome our new residents to campus this fall and to watch these beautiful new spaces be transformed into neighborhoods and communities by the people who will live here.

We have a limited selection of South Wing residences still available. Start planning today!

Life at Seabury offers a stimulating, engaging environment surrounded by friends and neighbors, with the peace of mind and security of Life Care. Come be a part of it. And invite your friends.

Learn more about how to reserve your future home at our monthly informational sessions on every 1st Thursday at 1:30pm and every 3rd Wednesday at 10:30am.

Call (860) 243-6081 or (860) 243-4033 for reservations or e-mail info@seaburylife.org





Revolutionizing the experience of aging!



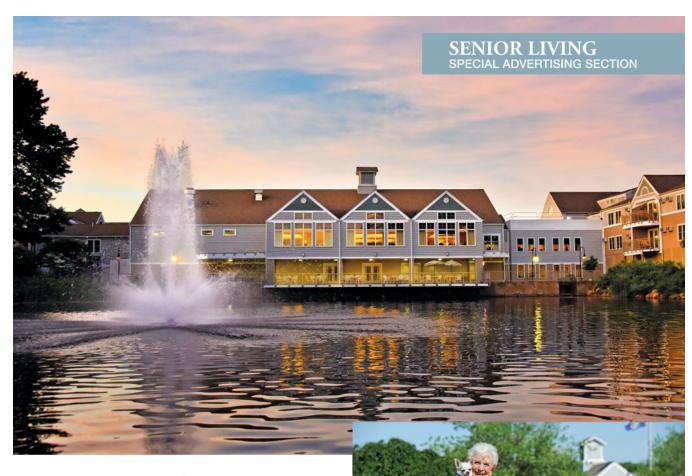


BEST OF 2009
Hartford THROUGH
MAGAZINE 2017









Masonicare at Ashlar Village

Open to adults 55 and over, Masonicare at Ashlar Village is a "Life Plan" Continuing Care Retirement Community in Wallingford. This nationally accredited community sits on 168-wooded acres and offers the widest array of senior living options in Connecticut with the added bonus of on-campus wellness and healthcare.

Here, you'll find all you need to live confidently and worry-free.

Your lifestyle. Your choice. At Ashlar Village, choice is a way of life. Prospective residents can choose from one-, two- and three-bedroom apartments, charming cottages or spacious villas. All include a range of amenities and options with which to customize your home.

Carefree isn't just a word. It's your new way of life. Just imagine: no more cutting grass, raking leaves or shoveling snow. Not only is all exterior maintenance taken care of, so is interior housekeeping and upkeep. So, time is truly yours to enjoy. As one of our residents recently said, "Since moving here, I've been able to expand my world and pursue interests I never had the time for."

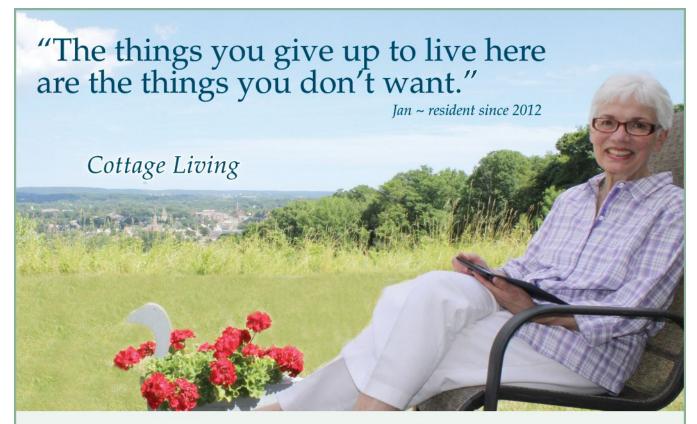
A social life that suits your style. From summer concerts on the lawn to friendly competition on our bocce courts, Ashlar Village residents never have to worry about what to do. We have yoga, exercise classes, cooking demonstrations, a

putting green, lectures, art classes, spiritual programs and frequent trips to area cultural and sporting events. With so many choices, you may need a bigger calendar.

Peace of mind today. And every day. At some point, you may desire a living arrangement with a greater level of support. If so, our Pond Ridge Assisted Living community is right on campus. And, because Ashlar Village is part of the Masonicare healthcare continuum, you'll have multi-level medical and nursing care nearby. Masonicare's continuum includes home care – both medical and non-medical – which many of our residents have utilized. With all this support, you'll know you've planned wisely for tomorrow.

A welcoming community awaits you. Come for a visit. To see for yourself what life at Ashlar Village offers, call us for a tour or attend an open house. Either will give you time to see the campus and meet our residents. Since 1985, Ashlar Village has been the right fit for so many adults. You may become one of them!

Call 203-679-6425 or visit www.ashlarvillage.org



Residents like Jan are happy to give up the chores of home maintenance to live more carefree at Ashlar Village. Moving into her spacious cottage with two-bedrooms, a sunroom and panoramic views made the transition a breeze.

"Living in my cottage gives me the ability to feel like I'm still living in my former home but without all the work. I have a yard with lots of green space in a beautiful setting with wonderful neighbors. Moving here has actually given me more independence and time to do the things I enjoy."

Come explore Ashlar Village. We'll treat you to a delicious lunch and take you on a tour around the neighborhood as we visit a variety of Apartments, Cottages and Villa homes. You just might picture yourself living here, too!

ASK ABOUT OUR SUMMER MOVE-IN SPECIAL

Visit **www.AshlarVillage.org** or call **203-679-6425** to make your reservation.





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Dr. May, how does a talented young doctor like you rise to the top so quickly on a national scale?

Dr. May: I truly believed when I pursued medicine that the goal was to unequivocally help individuals heal, learn, thrive and to achieve ultimate vitality. To me vitality means not just feeling healthy and living fully but to look amazing - to love who looks back at you in the mirror. Not just to accept our flaws, but to believe in the possibility that nature intended to get it perfectly right with our face and our teeth - and it's my fundamental belief that a confident smile is something everyone deserves and needs. Too many individuals don't understand that it's the lack of early intervention (tissue ties, etc) that leads to craniofacial flaws and/or improper orthodontics that lead to lackluster aesthetics and compromised dental function. I had a vision to educate individuals about dental function, aesthetics and health as a critical harmony and strive daily to achieve results, change lives and create beauty.

You have thousands of five-star reviews & testimonials across Google, Facebook, Yelp; what do you do differently?

Dr. May: World-class experience and world-class results. Why are people petrified of medical doctors and especially dentists? Because dentists haven't delivered the type of customer experience or patient experience that all of us desire to have at a premium, exceptional, innovative institution. I co-founded Natural & Esthetic Dentistry with my brilliant business partner and CEO, who understands that the experience of fresh-made green juice and hand massages, gorgeous facilities, well educated, smiling, passionate team members who display absolute commitment to caring deeply about patient comfort, education and clinical results creates a one-of-a-kind patient-centric experience. It is the first facility to exude a strong biological and esthetic brand presence paired with unreal customer service and profound clinical results.



Tell us how you became a USA and top international lecturer on placing and restoring zirconia (ceramic) dental implants.

Dr. May: It all began when I had an experience with a patient with titanium sensitivity, who exhibited allergy-like symptoms after having metal dental implants placed. As the patient sought out alternatives, I had to immediately learn more about metal-free dental implants. Once I started delving into the impressive body of research and incredible soft tissue results, not to mention the biocompatible properties, I knew this was going to be a solution for thousands of patients seeking metal-free implantology. I placed my first zirconia implant in 2013 and there was no going back after that. Patients started coming to my office in 2015 from New York, New Jersey, New Hampshire, Massachusetts, and soon after the entire Northeast USA was in my waiting room seeking ceramic dental implants alongside implant-supported prosthetics. By 2016, I started placing implants for patients from all across the country. That's when CEOs of several of the top FDA-approved zirconia dental implant companies reached out to me, inviting me to lecture in the USA and abroad. I will be lecturing again stateside in the fall and in Israel in November, sharing some of the most complex and highly successful clinical cases I've done to date. Along with using biologically compatible metal-free materials, I developed a specialty in bone and tissue regeneration using patients' own cells using PRF (platelet rich fibrin) which allows me to achieve very predictable bone and gingival grafting which I'm also scheduled to lecture on! I am so blessed - I love what I do.



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Can you show us some of the award-winning work that you are famous for?

Dr. May: I am always happy to share not just some of the beautiful dentistry I have been fortunate enough to create for my amazing clients, but I have to say the real treat for me is the immense trust that is put into me by my patients. In return, I will never fail them! In one case, I had completed 7 different sets of mock-up smiles for my TV-appearing patient, because she was so highly particular on her smile makeover consisting of crowns and veneers. We continued to refine the mock-up veneers (which she wore for 2 weeks at a time) until we reached her perception of perfection. After 3 years, she's sent me over 33 dental veneer patients of the "rich and famous" and the not-so-famous, and she has become one of the most grateful patients in my career.



Dr. May: Below is another patient who traveled all the way from California, 4 round trips, to have her SECOND smile design, as in her original cosmetic work redone. She had her first set of veneers done in her early 20s, which in her late 30s started chipping and showing wear, and she started experiencing TMJ issues. This of course is often due to dentists not fully applying epigenetic orthodontics or craniofacial osteopathy, resulting in an inability to capture the intricacies of malocclusion (bite being off, grinding, clenching, asymmetry force distribution) as it relates to ideal esthetics of the mouth, lips and teeth. I have become known as the smile RE-designer because of the large number of patients who come to see me to fix botched veneer cases, awful "Hollywood white" chiclet smiles and other "less than ideal" cosmetic results which left patients utterly unhappy. Let me explain, there is a BIG difference among dentists who use lower-cost labs that manufacture dental veneers for \$160 per tooth and dentists who use the highly skilled ceramists and top dental labs in the world, where manufacturing costs per veneer easily exceed \$1,250 per tooth. I deliver results that look and feel natural AND amazing, as if patients were blessed with perfect teeth.

What are some of the most lifechanging and transformative services you offer?

Dr. May: Apart from being one of the I think the ceramic metal-free dental honesty, I consider my real superpower to be patient education. Our office has one of the best and highest-educated patient and requests 24/7 through our dedicated texting line. Our emergency concierge after hours. It's the patient experience, incredible practice is able to offer grateful





CERAMIC IMPLANTS vs METAL

You're facing unprecedented patient demand and expansion plans. Can you tell us more about your new Biological Institute and World-Class Dental Facilities opening in Farmington in 2018?

Dr. May: The new headquarters will be an integrative medical institute offering orofacial myofunctional therapy but most importantly patient events with incredible quest chefs and worldsame location, with over 12 dentists around the country showing interest in Top Dentist by Connecticut Magazine!



aug-tripoin

DVENTURES CLOSE TO HOME

BY ERIK OFGANG, MICHAEL LEE-MURPHY AND MIKE WOLLSCHLAGER



Gillette Castle MICHAEL MELFORD INC. VIA STATE DEPARTMENT OF TOURISM

KINGDOM COME

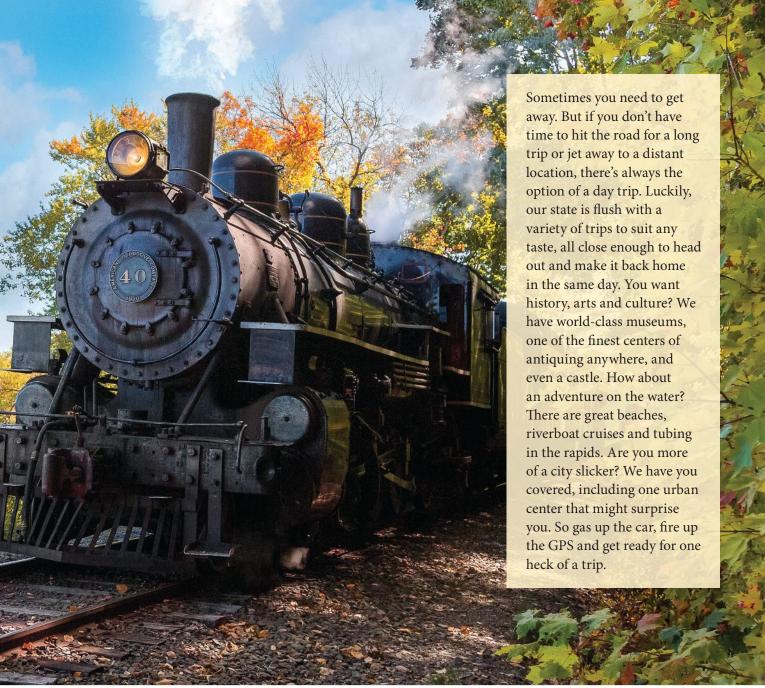
Essex Steam Train, Chester-Hadlyme Ferry & Gillette Castle

ou'll never forget the first time you see Gillette Castle. A striking oddity in the New England hills, it towers above the glittering waters of the Connecticut River and draws your eye with seeming magnetic force, the quiet majesty of its chalk-white exterior framed against the blue sky and green leaves of surrounding trees.

The best way to get to the castle is via the historic Chester-Hadlyme Ferry, which has transported passengers across the river since 1769, and the best way to get to the ferry is via the Essex Steam Train, an old-school locomotive that pulls vintage railroad cars through the Connecticut countryside, leaving a trail of black smoke in its wake and the echo of its piercing whistle.

Taken all together, the train, ferry and castle might just be the king of Connecticut day trips, especially family-friendly day trips (though, as the author of the recently published Gillette Castle: A History, I may be biased on this front.)

To embark on this quest of summer fun, choose the Gillette Castle Connection option from the Valley Railroad Co. in Essex. Catch the 11 a.m. or 12:30 p.m. train from



Essex Steam Train ROMIANA LEE

Essex Station, then embark on a 30-minute ride through the Connecticut River Valley. Get off at the Hadlyme Flagstop and walk to the Chester-Hadlyme Ferry.

The five-minute ferry ride costs an additional \$2 per passenger each way, and drops you off at the base of Gillette Castle State Park. To get to the castle you'll hike three-eighths of a mile up a moderately graded trail. Admission to the park itself is free, but touring the castle is \$6 for adults, \$2 for children under 12, and free for kids under 5.

Inside the castle, guests learn the tale of William Gillette, the most famous actor of his day. In the late 1890s Gillette wrote and starred in the title role of *Sherlock Holmes*, the first major production featuring the Baker Street detective. The popularity of Gillette's portrayal of Holmes — first on stage and then in film — allowed him to build a castle-like house complete with sliding furniture, hidden passageways and spy mirrors.

But don't get too caught up in this history. You have to make it back to the ferry and across the river to catch either the 2 p.m. or 3:30 p.m. train back to Essex, concluding what will have been an epic trip. | ERIK OFGANG |

MORE TRIPPIN': After getting off the train, spend some time in the beautiful riverside town of Essex. For more history, you can visit the Connecticut River Museum, which is dedicated to the body of water that bears Connecticut's name. Or if you end up skipping the train ride and driving to the castle, you'll be close to the Goodspeed Opera House, a celebrated theater that has been the birthplace of several major musicals, including Annie.

EATING AND DRINKING: One of Connecticut's classic restaurants. The Griswold Inn. is in downtown Essex. It is cited as the oldest continually run tavern in the U.S., which speaks to its commitment to customer service. (You don't survive more than 200 years in the restaurant industry if you're not doing something right.) Across the river from Gillette Castle is the town of Chester, another great Connecticut town with lots of dining options, including the River Tavern, a critically acclaimed farm-to-table restaurant.

bout 10 minutes off I-84 between Danbury and Waterbury, you'll find the scenic town of Woodbury. It's a rural oasis of sorts, filled with historic houses and rolling farms; a place where those of us who care about such things slow down to better appreciate the many sights.

It is also an oasis of antique shops.

Though a small town of about 10,000 people, the "antiques capital of Connecticut" is home to more than 35 antique dealers. The majority of these shops are found within historic Colonial and Victorian houses along a three-mile stretch of Route 6.

Karen Reddington-Hughes, president of Woodbury Antiques Dealers Association and owner of Abrash Galleries Rugs & Antiquities, advises those who come to the area in search of antiques to get out of their cars and walk from shop to shop as much as possible.

"Although [Woodbury] might not be a town where you can walk from one end to the other, it certainly is in parts walkable,"

For those coming from I-84, the first cluster of antique shops will be found near the intersection of routes 6 and 64. Here in the downtown section of town, there

are sidewalks and several shops such as Country Loft Antiques (557 Main St. S.), Jennings & Rohn Antiques and Tucker Frey Antiques, which share an address (289 Main St. S.), Kocian DePasqua American Antiques & Folk Art (451 Main St. S.), George Champion Modern Shop (442 Main St. S.), Lisa Demuro Antiques (14 Green Circle) and Main Street Antique Center (113 Main St. S.).

The next group is just up the road. If you park at Abrash Galleries (40 Main St. N.) you can walk to Thomas Schwenke Inc. (50 Main St. N.), Wayne Mattox Antiques (82 Main St. N.) and G. Sergeant Antiques (88 Main St. N.).

About 2 miles farther up Main Street (Route 6) is Mill House Antiques & Gardens, a large antique destination with 17 showrooms and showstopping gardens.

The proximity of all these and other antique dealers in town allows visitors to explore items from different eras in a variety of styles. "They can have an exposure to all of those different worlds because there are so many different antique dealers," Reddington-Hughes says. "Many of [the owners] are really authorities within their own field and have been guests on Antiques Roadshow and given lectures." | ERIK OFGANG |

ANTIQUES ROADSHOW

Traverse the Woodbury Antiques Trail



IF YOU GO: Many Woodbury antique shops are closed on either Monday or Tuesday, so Wednesday through Sunday offers more variety. The shops have flags out front that are flown when they are open. For a complete list of vendors, go to antiqueswoodbury.com.

MORE TRIPPIN': Keep with the historic theme by visiting the Glebe House Museum & Gertrude Jekyll Garden, the birthplace of Anglicanism in the U.S., or make some time to check out the King Solomon Masonic Temple, the oldest Masonic Lodge in continuous use in the state, perched dramatically on a ledge overlooking Route 6.

For something completely different, go to Quassy Amusement Park, less than three miles away in Middlebury. It has a waterpark and dozens of rides, including the Wooden Warrior rollercoaster.

EATING AND DRINKING: The

Good News Cafe has long been a downtown Woodbury favorite with its combination of American and French cuisine. Also popular downtown is the farm-to-table restaurant Market Place Kitchen & Bar. For a more casual meal, visit El Camion (see story on page 92) or the storied Dottie's Diner, home of delicious doughnuts and princely pot pies.



he flotilla of river-goers passed by, carried on the current. Laying on inflated tubes with bright psychedelic shades of blue, pink and orange, they looked like a parade of characters from a Fellini movie. Many tubers grabbed hold of one another, forming thoroughly

unsynchronized groups of four or more. Others towed floating coolers behind their tubes, sipping what we guessed were adult beverages. One couple went down the river in what looked like an inflated lounge chair; another person had a radio that

RIVER Tubing the Rapids of the Farmington River

ROLLING

ON THE

blasted classic rock over the water.

After signing waivers and donning flotation vests at the dramatically named Satan's Kingdom State Recreation Area in New Hartford, we were given a brief-but-thorough safety lecture by employees of Farmington River Tubing. Then we were led to the river and set adrift like Moses down the Nile. Over the next 2½ hours, as we traveled just under 3 miles downstream, we'd be jostled by rapids, knock into other tubers in an impromptu riverside verson of bumper cars, fall into the water, get trapped behind rocks (we quickly escaped) all

while soaking up a vacation's worth of summer fun and getting a surprisingly good ab workout (leaning forward in the tube to paddle requires your stomach muscles to work overtime).

Three sets of rapids provide exclamation points of excitement during the journey

downstream. But they are a small portion of the trip. Most of it is a lazy river, where you kick back on your tube and relax as a gentle current pushes you slowly — in some spots very slowly downstream. These portions are as fun as the rapids if you embrace them and go with friends or family.

We were a group of three and found it was more fun to hold on to one another and chat during the slower sections. We broke formation for the rapids, which jostled and spun us. One member of our party took a spill during the third rapid. She followed the advice given to us at the beginning of the trip to not stand up until she had floated out of the rapids. She emerged a few seconds later smiling.

Our only regret was not bringing sunscreen, an oversight that left two of us with red arms as reminders of our trip. | ERIK OFGANG |

IF YOU GO: Tubing the river on your own is possible, but the majority of river-goers rent tubes from Farmington River Tubing. Guests must be 10 or older, weigh 50 pounds or more and be at least 4 feet tall. The tube and flotation vest rental is \$20 and also includes a bus ride for you to get back to your car at the end of the trip downstream. It is recommended that you leave rings and other jewelry at home, wear a bathing suit and some type of footwear that won't fall off and can get wet. The river is fastest after big rains and slower during droughts. Rentals are available through mid-September. Call the day of your visit for current hours, weather and river conditions. 860-693-6465. farmingtonrivertubing.com

MORE TRIPPIN': If

you're not wiped out from your time on the river (we were), you can continue the outdoor theme at Enders State Forest in Granby, which is home to the eye-catching collection of falls known as Enders Falls and is about 15 minutes away by car.

EATING AND

DRINKING: Turn right out of Satan's Kingdom and Brewery Legitimus is a mile up the road in a parking lot on your left. The taproom was hopping on the Sunday afternoon after our visit. Offerings included several Belgian-style brews as well as IPAs and other ales. Across the street back toward Satan's Kingdom is Quercibella Wood-Grilled Food + Flatbreads, a wellliked area pizza and burger spot. We didn't get to try it, but are eager to stop in the next time we go for a tube ride on the river. FYI: a notice on their website says they'll be closed for a bit, reopening in late summer. Check the

website (quercibella.com) for

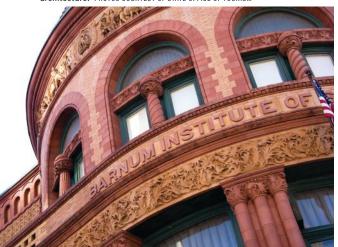
a reopening date.



A SLICK CITY

Spend a Day in Bridgeport (Trust Us On This One)

The Arcade Mall in Bridgeport, above, and a sample of the city's remarkable architecture. PHOTOS COURTESY OF STATE OFFICE OF TOURISM



ridgeport is a whole lot better than you think.
Despite too often finding itself on the wrong side of jokes from people who either have never visited or haven't visited in decades, Bridgeport has a lot to offer. Connecticut's biggest city and the fifth-largest in New England, Bridgeport hugs the coast and provides visitors with a range of activities, including waterside walks, parks, beaches, arenas, history and culture. Here are some of our favorite things to see and do.

BLACK ROCK-ING OUT:

Residents claim the Black Rock neighborhood as "Connecticut's Brooklyn," and though New Londoners might beg to differ, the comparison makes sense. Black Rock can be thought of as a smaller, hipper borough of Bridgeport and just like Brooklyn, N.Y., it offers some of the best of what hipster culture has to offer. Source Coffeehouse is one of the finest of its kind in the state and specializes in pourovers, cold-brew coffee and espresso drinks. Nearby you'll find Walrus + Carpenter, an upscale barbecue spot with a great beer list and craft cocktails. Across the street is Nom-Eez, a pho and Vietnamese restaurant that houses a doughnut shop. To get some exercise and enjoy great scenery, head to St. Mary's-by-the-Sea, a half-mile, paved, waterside walkway that offers views of Black Rock Harbor and Long Island Sound. The neighborhood is also home to Fire Engine Pizza Co., a bar and pizzeria; Bloodroot, a feminist vegan and vegetarian restaurant; and Captain's Cove Seaport, a sprawling marina, boardwalk and waterside bar and restaurant.

PARK PLACE: Bridgeport's "Park City" nickname may not enjoy the usage it once did, but the moniker is well earned. The city is home to two parks designed by Frederick Law Olmsted, the Connecticut native and legendary landscape architect who designed New York City's Central Park. Seaside Park, a 325-acre park on the shores of Long Island Sound, spans 3 miles of coast and offers beaches, biking and walking trails. The park entrance is dominated by the giant Perry Memorial Arch. There is a natural wildlife

preserve on Fayerweather Island at the western end of the park. The island is accessible by crossing the breakwater rocks (watch your step!) and is also home to a historic lighthouse that guided ships into the harbor from 1823 to 1932. Beardsley Park boasts the Beardsley Zoo and provides an ideal spot for strolls as well as the chance to see some exotic animals.

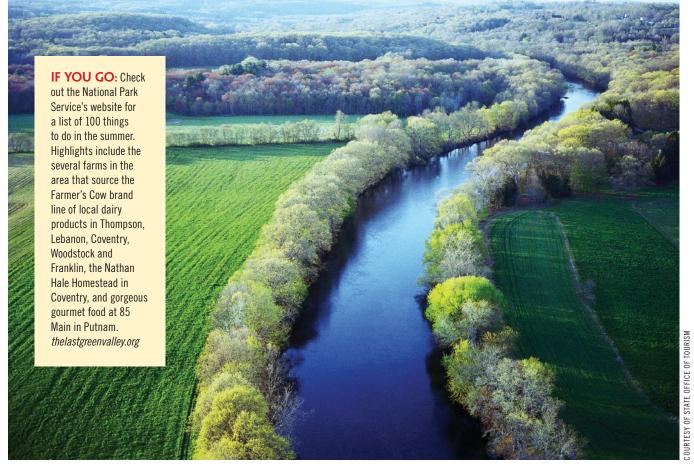
GET DOWNTOWN:

The in-the-process-of-beingrevitalized downtown Bridgeport features several classic restaurants, including Ralph 'n' Rich's, an oldschool Italian restaurant with big portions and flavors, and the celebrated Joseph's Steakhouse. There are also a number of historic attractions, including the Arcade Mall (built in 1840, it is one of the last remaining malls of its time period) and the Barnum Museum, a fascinating ode to the largerthan-life persona of Bridgeport's one-time mayor and the greatest showman on Earth, P.T. Barnum.

BIGGER IS BETTER: Speaking of larger than life, you haven't seen a superstore until you stop at Bass Pro Shops. This outdoor store has the feel of an amusement park, complete with a bowling alley, bar and restaurant, archery range, fish aquarium and a whole lot of other things we don't have space to list. Other "big" attractions in Bridgeport include the 10,000-seat Webster Arena, the perfect place to see a concert. It's built alongside The Ballpark at Harbor Yard, a 5,300-seat baseball stadium that is home to the Bridgeport Bluefish of the Atlantic League of Professional Baseball.

DRINK TO THAT: After

checking out some of these attractions, you'll likely want to unwind with a drink. There are many options. Aspetuck Brew Lab in Black Rock is a relatively new brewery with a cool taproom. It's not the only brewery in town. Just off I-95, Brewport is a sprawling brewpub that, in addition to beer, offers New Haven-style pizza. If you still haven't had enough beer, cross the border to Stratford where you can stop by Two Roads Brewing Co., the state's largest brewery. If beer is not your drink of choice, Bridgeport is also home to the Asylum Distillery, which produces a Connecticut gin and vodka. | ERIK OFGANG |



THE LAST GREEN VALLEY

Head East to Explore Our National Heritage Corridor hen looking at the satellite images that show night-time light pollution, there is an almost unbroken chain of light along the Northeast corridor, from Washington, D.C. to Boston. Almost. In eastern Connecticut, the map shows one patch of black in the buzz of light — one patch of dark, sparse quiet.

This patch — dark at night, green in the daytime — is what is known as the "Last Green Valley," an oasis of rural beauty starting from roughly Norwich in the south and heading north to the area between Southbridge and Webster, Massachusetts. If you're from the denser parts of Connecticut and tend to go to Vermont or New Hampshire for a bit of peace and quiet, you might be surprised

what we have right here in Connecticut. There are, of course, an infinite number of ways to experience the area, so let us explore one.

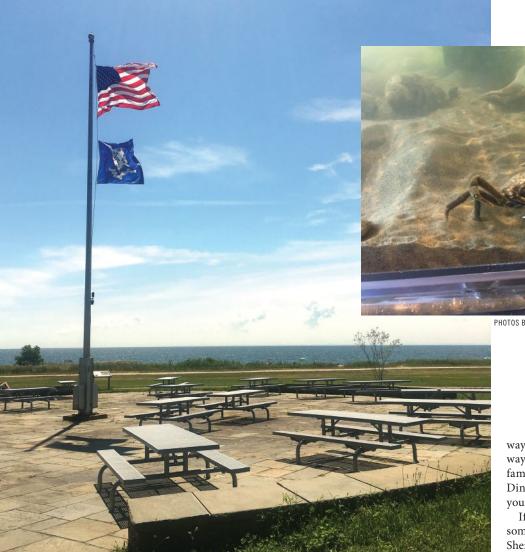
Start in the south, and take I-95 to 395, or Route 2, to Norwich. Get off the highway, and shut the GPS off. You just need to know the

difference between north and south. Most interstates and major arterials built since the Second World War have shadow roads that run alongside, roads where the real life of the place shines through. (The approach is shamelessly stolen from William Least Heat-Moon's 1982 travelogue *Blue Highways*.) So in the Last Green Valley, avoid I-395 as you head north, and take its older, more interesting shadow road, Route 12.

In Norwich, you'll see people walking amid the old mills carrying fishing poles, going to catch dinner out of the Thames, Yantic or Shetucket rivers. Norwich has always been a river town. Follow the Shetucket as it runs north out of Norwich, and then turn east as you follow Route 12 and start to follow the Quinebaug River. Driving at slower speeds along the older roads, you'll notice things that are invisible from the high speeds of the limited-access highways. Factories in Plainfield. Greasyspoon diners in Jewett City, excellent doughnuts at Bakers Dozen in Brooklyn and Pomfret.

The motorcycle shops that dot the road should clue you in: this is a major motorcycle destination. And it's perfect for cruising. In this last island of rural beauty, there are hikes everywhere. The Natchaug State Forest, which stretches across the towns of Eastford, Hampton and Chaplin, has a great network of trails. | MICHAEL LEE-MURPHY |





SHERWOOD: A SURE THING

Connecticut's First State Park Has Something for Everyone

herwood Island State Park is a rare combination of both an inland park with vast fields, trees and trails, and a beach destination.

Connecticut's first state park, Sherwood is a peninsula that juts out into Long Island Sound, and there are beaches on either side of the point. West Beach is less manicured, rockier and more rustic, with good fishing spots and views along the southwestern coast of Connecticut and Long Island. East Beach is long and wide with soft sand, a perfect spot to throw down a towel, plant

an umbrella, or set up a beach tent for a long afternoon of soaking up the sun on a pristine day.

The grassy fields are equal parts shady and wide open. The open areas are conducive to throwing a football, flinging a frisbee or just putting down a blanket and catching some rays without the sand and seaweed side effects. (Just watch out for the geese.) Plenty of picnic tables and charcoal grills are set up under tall trees for a barbecue and respite from the sun. Not in a picnic-basket-packing mood? On your

PHOTOS BY MIKE WOLLSCHLAGER

way in, when you exit I-95 go the opposite way from Sherwood Island and hit up the family-owned local institution Sherwood Diner on Route 1. It'll be open on both your way in and out of the park.

If you're one of those who needs to fit in some exercise every day, even on a day trip, Sherwood Island has more than 6 miles of paths and trails for walking, running and biking. And since it's a peninsula, you can safely assume the views are spectacular.

There's a nature center on a hill behind East Beach, with a purple martin sanctuary on its front lawn. Inside the building exists what can best be described as an awesome high school science fair, with fish, snakes, turtles, crabs and reptiles, and exhibits on birds, rocks and shells. You can also learn about the history of the park and the surrounding area, and educational programs are offered as well.

The fees for entry to the park are \$9 on weekdays and \$13 on weekends and holidays (\$6 after 4 p.m.), with slightly higher rates for out-of-staters.

On a somber note, a living 9/11 memorial on the point honors those with Connecticut ties who lost their lives on that terrible Tuesday. When standing in front of and facing the memorial stone, you are oriented toward Manhattan. The smoke rising from the Twin Towers was visible that day, and for the days following, and Sherwood Island was established as the staging area for Connecticut's relief efforts. An exhibit in the park's main pavilion was constructed with materials from the World Trade Center.



ome day trips have a singular focus — attend a baseball game, hike a mountain, go skiing. But what if you want to pack a plethora of activities into that precious time between sunup and sundown? Well, you go to New London.

Feeling patriotic after celebrating Independence Day last month? Drive onto the U.S. Coast Guard Academy grounds (with valid I.D., of course) and check out the U.S. Coast Guard Museum. It's open Monday through Saturday (closed Aug. 12 and 26) and admission is free.

A similar option is Fort Trumbull, a Revolutionary War-era fortification built near the mouth of the Thames River that in 2000 became Fort Trumbull State Park. Rich with history, the current fort was built in the mid-1800s, and the grounds have been used for myriad purposes over the many years. Nowadays it's here for our enjoyment, whether it be a walk, picnic, fishing or just taking in spectacular views.

History lessons can make you hungry, so you're going to need some lunch options. Muddy Waters Cafe on Bank Street is a

coffeehouse and so much more. A popular downtown breakfast-and-lunch spot, Muddy Waters also has outdoor-deck seating with views of New London Harbor to go along with scrumptious soups, salads and sandwiches and delicious pastries. (Pro tip: If you're not familiar with the Love Salad, add it to your to-eat list).

Now that it's mid-day and you're fueled up, it's time for an outdoor activity. One of artist Robert Wyland's 100 worldwide Whaling Walls is on the corner of Eugene O'Neill Drive and State Street, but there are many murals painted on the walls of downtown New London. Become a whaler and see how many you can find. (Sorry Hartford, it was a New London thing first.)

We told you about the Thames River Heritage Park Water Taxi in our July issue, but another water-related option is Ocean Beach Park. Relax or frolic on the "sugarsand" beach, take a dip in the ocean or an Olympic-size pool, cruise down the triple waterside, or challenge your family and friends to a round of mini golf.

Time for a solid meal to cap off the day. Captain Scott's Lobster Dock — with one of the state's best lobster rolls — and On the Waterfront are the old standbys, but August presents a couple of unique options. A "Farm to Pier Dinner" that doubles as a fundraiser will be held Aug. 16 at Waterfront Park and a food truck festival is scheduled for Aug. 26. | MIKE WOLLSCHLAGER |





NEW HAVEN: AND FOOD MECCA

Where Yale Puts History, **Culture on Display**



n many ways New Haven has long been thought of as the cultural capital of Connecticut. The museums at the center of the city can be enjoyed on so many levels that it would actually take several day trips to take them all in. Two in particular, the Yale University Art Gallery and the Yale Center for British Art, are a day trip in themselves. After some centuries of gathering art and artifacts from around the world, Yale's largesse allows us all through the doors to see the collection, for free.

Located on Chapel Street, on the block between High and York streets, the two buildings were both designed by world-renowned architect Louis Kahn. The Art Gallery on the north side of Chapel Street is actually composed of three separate buildings. Street Hall, on the northeast corner of High and Chapel, dates to 1866 and is a classic example of Yale's signature neo-Gothic architecture. Street Hall is connected by a bridge over High Street to the Old Yale Art Gallery Building, a recently restored 1928 Egerton Swartwout masterpiece. The building looks as though it might be at home in an Italian piazza, such is the grandness of its marble forms. It makes sense, too, as the building houses some of the gallery's most spectacular items: 2,500-year-old Grecian urns, ancient Roman mosaics and statues. The third and most recent building is Kahn's, built in 1953 and hailed as one of the architect's first masterpieces.

The highlights of the collection are too many to enumerate, but the permanent collection of African art is a mustsee, as is the contemporary collection, which has pieces from heavy hitters such as Mondrian, Picasso, Rothko and Lichtenstein. No need to go to New York or Boston to see some of the most famous visual artists on earth.

After you check out the Art Gallery, cross the street and hit Atticus bookstore. This New Haven institution has been selling books since 1976, and has a delightful cafe for lunch.

Next door to Atticus is the Yale Center for British Art. Housed in another Kahn building — the beneficiary of a nearly decade-long restoration project — the Center for British Art is the largest collection of British art outside of the United Kingdom. Among the many improvements of the project, which concluded last year, include the reconfiguration of galleries such as the fourth-floor Long Gallery, a lovely space with floor-to-ceiling artwork, and a newly organized permanent collection, Britain in the World.

And as we mentioned, both museums are free admission. | MICHAEL LEE-MURPHY |



MORE TRIPPIN': Can't get enough museums? On the other side of downtown on Whitney Avenue is the New Haven Museum and Historical Society. It has an excellent collection of local artifacts. And don't forget Yale's Peabody Museum of Natural History, one of the most influential research institutions in the world, just down the street on Whitney. Having celebrated its 150th anniversary last fall, the Peabody is filled with ground-shaking historical artifacts, including a Connecticut meteorite that helped change our understanding of the heavens, an imposing Brontosaurus skeleton that inhabits the museum's Great Hall, and the stunning, 110-foot Age of Reptiles mural.

IF YOU GO: The University Art Gallery is open every day except Monday from 10 a.m. to 5 p.m. The Center for British Art is open every day from 10 a.m. to 5 p.m., except Sunday when it is open from noon to 5 p.m., and Monday when it is closed. The New Haven Museum and Historical Society (adults \$4, seniors \$3, students \$2, and free for children under 12) is open Tuesday through Friday from 10 a.m. to 5 p.m., Saturday from noon to 5 p.m. and every first Sunday of the month from 1-4 p.m. free of charge. Peabody Museum hours are Tuesday through Saturday 10 a.m. to 5 p.m. and Sunday noon to 5 p.m. it is closed most Mondays except for some holidays. Admission to Peabody is \$13 for adults, \$9 for seniors over 65, \$6 for children ages 3-18 and college students with ID. The museum is free for children under the age of 3, Peabody Museum members and individuals with a Yale ID.

EATING AND DRINKING: Where to begin? The first-in-the-world burger at Louie's Lunch (261 Crown St.), the mashed-potato pizza at BAR (254 Crown St.), cocktails at Ordinary (990 Chapel St.), or high-class French dining at the Union League Cafe (1032 Chapel St.) will give you a taste of New Haven at any price point.

TRANSFORM YOUR BACKYARD

When Aqua Pool & Patio began as a small startup company in 1970, Ron Giannamore was the father to a young family, looking to build an inground pool for his children to enjoy. After seeing first-hand how a well-designed "poolscape" could add value to one's quality of life and family time, he joined the company.

Now the President of Aqua Pool & Patio, Inc., Ron, his children, and committed staff have provided hundreds of families across Connecticut with the highest quality materials and latest technology in the inground pool market.

All swimming pools serve a similar purpose: to provide a place to cool down and enjoy the company of friends and family. But Aqua builds ONLY gunite pools, a custom-made cement sculpture that is built into a back yard from raw materials. The company craftsmen create a work of art, not just a place to cool off, that can be used for 6 to 10 months of the year.

Aqua does not use pre-fabricated "kits" or have limitations from manufacturers. Each custom-designed pool starts with a vision from the client and is perfected with guidance from trained designers. Aqua designers understand that the aesthetics of a poolscape are crucial. A family may spend more time entertaining, eating, or lounging by the pool than swimming in it, so designers strive to create stunning backyard living spaces that will be enjoyed by everyone.



Many pools, like the one shown here, have features like:

- Attached Spa: Connected to the pool plumbing, an attached spa will only filter separately when in use and is heated "on demand." Over the last 48 years, Aqua's client experiences have indicated that people will use their pool 500% more with the attached spa.
- In-Floor Cleaning Systems: Spend more time enjoying your pool than cleaning it with an in-floor cleaning system. Circulating heads similar to a yard sprinkler system will keep your pool clean, 24/7.
- Web Enabled Controls: Access to the pool, spa, temperature and lights are all controlled through any web-enabled device like smart phones, tablets or computers.
- Custom materials like Bluestone perimeter, pebble interiors and porcelain tile.

A pool is meant to last many years. Aqua recommends doing your homework, taking your time, speaking to the professionals, and planning for years of backyard enjoyment.



(800) 722-AQUA (2782)

www.aquapool.com



ON THE MARBLE COUNTERTOP in Jeanette Chen's New Canaan

kitchen one Saturday morning are seven quarts of soup in plastic containers, along with a pint of something dense and orangey, all set for delivery.

Chen is busy doing the same thing she has for many years — preparing foods, at no charge, for a cancer patient in need.

"She loves tomatoes but can't tolerate them because they're acidic," Chen says of the soon-to-be recipient, a woman fighting throat cancer. "So this is 'tomato' paste that's all beets and carrots."

"This is like my second calling," she says.
"When you're cooking for your family or
a needy person, you put a lot into it. It's
the way I show people that I love them, by
cooking for them. You make a little time
for someone and it can mean so much."

Chen has been cooking almost her whole life. At 13 she studied cookbooks in order to prepare meals for a sick relative. Then at the University of Rochester she met her future husband, Michael, and often cooked for him and his suite-mates. Their sons (Ryan, 24; twins Jeffrey and Kyle, 22; and Alex, 15) have kept her busy in the kitchen ... maybe too busy.

"We used to ask them to choose a restaurant on Friday nights but they usually wanted to stay home and eat their mom's cooking," jokes Michael.

"And on vacation, instead of staying in a hotel, they wanted us to rent a condo so I could cook," says Jeanette. "For me it's a treat to get out of the kitchen."

EDUCATION AND ACHIEVEMENT

To have a second calling there had to have been a first one, and for Chen there sure was.

After earning an undergraduate degree in engineering, she would get an MBA at Columbia. A meteoric rise in corporate finance followed. Barely 10 years later she was a managing director at GE Capital in Manhattan.

"I moved up quickly," she says.

"My area of expertise was company turnarounds and restructurings. I really enjoyed it, though it could be stressful work and I had to be thick-skinned. I was in my 20s negotiating with CEOs, telling them we may have to pull the plug and liquidate their companies."

When she had her fourth child, Chen decided to become a stay-at-home mom. It was not an easy choice to make, and the transition was difficult.

"It was hard to leave GE Capital," she admits. "It had been my whole identity. It took me three years to come down from that high. I'd spent days and nights with those people and didn't really know anybody around here."

Additionally, Michael's parents moved in with them. His father had Parkinson's

disease, and as he grew weaker, Jeanette was determined to create and provide foods he could digest. She'd always enjoyed cooking, and now it was something important to do.

Son Alex also presented a food challenge when he was 9 years old.

"I like to figure things out food-wise," says Chen. "When someone can't eat something, I think, 'What can I do?' Alex had food allergies and intolerances years ago. He was allergic to like 20 things. For his birthday he wanted me to make him a calzone. He couldn't have anything with gluten, couldn't have tomatoes, and calzones have sauce, and couldn't have dairy, so no cheese.

"I spent a whole day creating something that had no tomato, no wheat, no flour and no cheese, but looked and tasted like a calzone. He said it was so good. I was thinking, you have no idea how long that took!"

AIDING CANCER PATIENTS

While working at GE Capital, a woman on her team named Francine was in the beginning stages of what would be a lengthy, courageous battle with breast cancer.

The two women were friendly but not friends. After Chen left the company she heard that Francine's condition was worsening. Chen reconnected with her and one day Francine called, asking for a ride to the hospital.

"I dropped what I was doing and took her," says Chen. "After that I went with her to doctor appointments. When you're going through something like that it's very lonely. People don't know what to do. Her parents were out of state and her husband was busy working.

"She had cancer for eight years, in and out of the hospital. Toward the end I would visit her at home. Most people don't want you to see them when they're that sick."

Chen did more than keep Francine company. She prepared special meals for her, making sure they could be eaten by someone struggling with cancer, and all that brings.

"I had to learn what to cook," she says.
"As I went along I learned the different side effects of drugs and medications, whether it's mouth sores, having trouble chewing or swallowing, nausea, loss of appetite, and a change in taste buds. You have to stay nourished going through cancer treatments. Eating takes a lot of work for patients, a lot of energy. They're tired. Sick

people want foods they don't have to work to eat, that go right down."

Michael Chen notes that his wife's devotion to Francine at the end was what impressed him most.

"After a while there was no hope; she was going to succumb to cancer," he says. "A lot of people walk away because they don't know what to do. It's end of life. Jeanette never walked away."

One day Francine wanted to visit her friend and caregiver. "Her husband drove her over," recalls Jeanette. "She didn't have the strength to get out of the car. She dropped off a little gift and died a week later, at age 39. That was her way of saying thank you and goodbye."

Some time later a woman named Thuy was diagnosed with stomach cancer. Jeanette made her a priority.

"Years before, we had children who attended the same elementary school, and I introduced myself when I was picking up my son one day," explains Chen. "We went to lunch, then I did not see her for a very long time. When she got cancer, a friend of mine let me know, and suggested I give her a call, which I did.

"She had three young girls," says Chen.
"At the time I had four young boys and my in-laws living with us. I went to cook for her and her family. Her situation was sad. She had been a foster child and didn't have any real friends. People were wondering why I was helping her so much. They didn't understand that you help because you want to.

"I cooked meals and carved out time for her over the nine months she was alive, and it meant so much to her. It's been about nine years since she died, also at age 39. I hadn't seen her kids in so long, then reconnected with her oldest daughter who had just graduated from high school. We had lunch. She said her mom called me her best friend."

HELPING AND LEARNING

Over the last few years Chen has aided almost 10 more local cancer patients, cooking for them and providing whatever else they needed, whether it be driving them to appointments, sitting with them through chemotherapy treatments or simply encouraging them to stay positive. Most of them are doing well (see Survivor Stories on pages 58-59).

Her knowledge of how and what to cook has grown significantly since first doing so for Francine.

"People with cancer and in treatment want to eat real food as long as possible," she notes. "A lot of it is emotional and psychological. They know they will need to eat pureed foods at some point. I try to make sure what I prepare has visual appeal. Make it look good so they'll try it, because they often have no appetite."



Jeanette Chen and her husband, Michael Chen, go over soup options in their New Canaan kitchen. PHOTO BY MICHAEL CATAREVAS

Chen is a believer in molecular gastronomy, defined as a sub-discipline of food science that seeks to investigate the physical and chemical transformations of ingredients that occur in cooking.

"Food consistencies are so important for sick people," she says. "When you can't chew you have to be careful you don't choke. There are certain ways of thickening foods, and ways of using cooking methods and certain ingredients to transform consistencies of foods. Making food into shapes is also something I've been curious about. Restaurants serve foods with shapes. Why not do that for the ill or elderly?"

A BIGGER IMPACT

Jeanette and Michael Chen have been married for 29 years. Michael, who once worked with Jeanette at GE Capital and now owns a consulting firm, has always been thankful for his wife's culinary skills.

"I grew up in New York City. My grandmother lived with us and made all the meals," he says. "Every night was the same thing; a bowl of rice, some meat and milk. So for Jeanette to cook all kinds of things is great."

A few years ago Michael suggested Jeanette start a website to share her ideas and recipes. "I told her she has a gift," he says. "She's showing it one at a time with people, when she could have a much bigger impact."

He didn't have to mention it twice.

The website — jeanetteshealthyliving.com — is a non-stop work in progress that mostly offers recipes, diets and healthy living advice. Jeanette is also spreading the word

on social media, with many followers on Facebook, Twitter, Instagram and Pinterest.

"I started to record my experiences and what I was cooking for people in cancer treatments," says Chen. "I've been working on it a lot. It's a place to share stories. I would like people to know that they can do what I'm doing. It just requires having a heart and taking the time. People are so busy. But if they can just carve out some time and make an effort it can mean so much to someone else."

In addition to food-oriented information, Chen writes reflective, diary-style entries on topics generally revolving around her interpretation of the meaning of life. In one, she expresses her views on people helping others in these troubling times.

"I'm not a risk-taker by nature and risking my comfortable life feels a bit scary," she writes. "But I've been wondering a lot lately about what life is really meant to be. There's got to be more to it than just working day in and day out, or retiring and playing golf, tennis or doing whatever we like. Shouldn't we be doing something to make an impact that will make this world a better place before we're gone?"

The site now has sponsors, and Jeanette is thinking about what's next. A cookbook is a possibility.

LOVING LIVING HERE

The Chens knew they had a choice to make with their youngest son headed off to college in a year or so.

"Growing up in the city I always dreamed about having grass," says Michael.

"As an adult I've lived in Stamford and New Canaan, and love it here. We'll soon be empty-nesters and decided that this is our home. Instead of downsizing and moving away we're doubling down and finally finishing our basement. This is where we want to be for another 10 or 15 years."

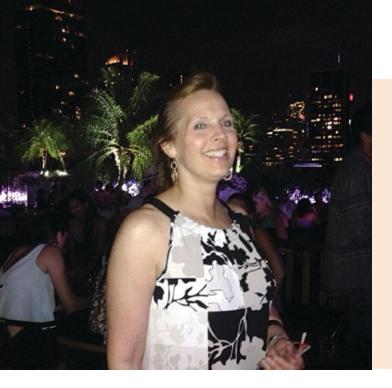
His wife agrees.

"I've lived in Connecticut since I started working," says Jeanette. "I like the suburbs, the four seasons and going for long walks. So many towns in Connecticut have a quaintness and are family oriented, with fireworks on the Fourth of July and parades on holidays. The schools are great and I love the convenience of being close to New York."

That settled, Jeanette is content to grow her website, cook for and help the sick, and is also getting more involved with community nonprofits. She wants to start giving cooking classes, as well, but that has been put on temporary hold as this spring she moved her 90-year-old aunt to Connecticut, and has been caring for her, as she has no other family.

It has not been easy for Jeanette to do what she does with cancer patients.

"You get attached to people you're helping. You dive in and sometimes they die and it's hard, really hard," she says. "We're not alive just to have a good time. Life wasn't meant to be easy. It's the way you look at things. We have so much to be grateful for. I used to try and plan into the future. But you see people die young and realize you need to just enjoy every day, because you don't know. So I try to live each day with purpose."



Kathy Cheslok

Beating the dreaded triple-negative breast cancer

"I had pain under my arm that was getting worse and worse," recalls Kathy Cheslok, 53, a social worker at Norwalk Hospital. That was almost four years ago. "Once I signed up to get a mammogram the pain went away. I was convinced I was not going to get breast cancer. Well, the power of positive thinking didn't work."

Not only did Cheslok get bad news, but it was triple-negative breast cancer. "It's a more rare form of breast cancer that doesn't have any specific treatment. They throw chemo at you and you pray."

Cheslok, who is single, knew Jeanette Chen from Grace Community Church in New Canaan, contacted her and was rewarded

Lisa Corrado

From all-day chemo to scaling Mount Kilimanjaro

New Canaan's Lisa Corrado, 49, had a successful corporate marketing career before changing course to start a nutrition counseling/personal chef business in 2003. Its tagline was Making Busy People Healthier.

In 2010 it was she who would need help.

"I was diagnosed that year with non-Hodgkin's lymphoma, and went through six months of chemotherapy," she says. "I'd never met Jeanette Chen, but knew her from Facebook, when a friend said we were both foodies and should connect. I shared my cancer experience on Facebook. She contacted me and said she would be happy to bring me soup. I told her that would be so sweet of her.

"I'm hard to help," she admits. "I'm very much someone who

wants to do things for myself. I had to learn how to say 'OK."

Corrado says friends and family pitched in, and she was

touched when Chen arrived at her front door.

"She came to my house one day in New Canaan," Corrado recalls. "I was in the backyard with my dog and didn't hear her knock. She left four quarts of soup on the front porch. We didn't meet until much later."

Corrado's chemo treatments were exhausting, with each session lasting from 9 a.m. to 6 p.m.

"My stepson asked what chemo was like, thinking it was like being hungover," she says. "It does not even feel that good. I would love to have felt hungover. It's a really



Jenn Eckart

Singing strong after overcoming thyroid cancer

Bridgeport's Jenn Eckart knew Jeanette Chen from Grace Community Church in New Canaan. Eckart was the strategic operations director there.

"I was sick for two years after a thyroid cancer diagnosis in 2011, and now I'm perfectly fine," she says. "Jeanette was just getting started at the time with her website, and she researched my illness, creating the soups, healthy drinks and smoothies that helped combat the disease."

The lead singer and bass player for Green Eyed Lady, a Fairfield County-based rock band, Eckart worried that her voice could be

SURVIVOR STORIES by Michael Catarevas

"When I was diagnosed I knew I was going to have a very extensive surgery before chemo," she says. "I wouldn't be able to move around much for a couple of weeks. No one would have known that I had cancer. I didn't share it with people. I was so shocked that I just couldn't talk about it. The hospital's breast cancer nurse convinced me that I could not go through it on my own, that I needed to start getting some help. I knew Jeanette wouldn't ask questions; she'd just sign up for it. I felt comfortable because I knew she was a kind and giving soul. I let her know I was going to need some help."

What truly touched Cheslok was that Jeanette researched her particular cancer to find a cooking strategy.

"Jeanette gave me a lot of food ahead of time," she says. "I found that she loves to research health and food: what you need or don't need for whatever ails you. And she has a way of cooking that is very healthful but also very flavorful. She custommade food for me."

Chen went above and beyond in other ways, as well.

"I have a handicapped sister who often comes and stays with me," explains Cheslok. "One day Jeanette called and asked if I needed help with her. She came and picked her up and took her for the day. Who does that?"

Luckily the treatment worked for Cheslok and she recovered. "There were other women with this cancer in my support group who didn't make it," she says somberly. "It's very aggressive and spreads and you don't even know it. I caught it early."

Cheslok has remained friends with Chen, of course, and will never forget how she came through for her.

"When I needed rides she drove me," says Cheslok. "She would come over, feed me, sit with me for a little, do my dishes and then leave me alone. She has an amazing sense of what you need and then steps out. Jeanette just connects with people.

"She never made me feel like it was a burden. She was honest. I would clean her whole house if she asked me to."

strange sensation, like all the cells in your body are spinning at the same time, and you can feel every one in action."

The massive doses worked, and a year later Corrado was cancerfree. She closed her nutrition business to found The Felix Culpa Project (thefelixculpaproject.com), a motivational community that shares stories of positive change after a challenge. The title is Latin for "fortunate fault." It's the concept of something good coming from something bad.

Corrado and her husband, Fred, recently scaled Mount Kilimanjaro, as Lisa is once again healthy and energized.

While she and Chen are casual acquaintances, Corrado will never forget a virtual stranger's kindness.

"I thought, how nice that this person didn't know me but brought me four quarts of soup," she says. "When somebody makes you something with pure love, it's really delicious. It was pure kindness because she didn't get anything from it. It speaks to who I've learned Jeanette is."



lost because she had a tumor wrapped around her vocal cords.

"I was told before surgery that I might be talking through a voice box if it didn't go well," she says. "There were no guarantees I could sing again. My voice is fine now, though lower than it used to be. But I can sing."

Eckart decided to take advantage of her recovered voice, and is now a full-time singer/musician. She is still amazed by Chen's dedication to her.

"Jeanette was a fantastic friend when I needed her most," says Eckart. "Not only for making me food but for visiting me in the hospital and at home, and bringing meals not only for me but for my whole family. She was one of the key people to help me relearn how to eat, not just to combat illness but for a healthy lifestyle going forward. She had a big impact on my understanding of food

and what it means to be healthy. I adopted a lot of her recipes that are part of my diet today."

Eckart explains that Chen making multiple trips to see her in Bridgeport soothed her mentally, and verbal communication between the two was not important.

"A lot of our time together was just being quiet," she says. "After surgery on my vocal cords I wasn't allowed to make a sound for two weeks, and spent a year recovering my voice. So I did a lot of note writing to people. There were times Jeanette would visit and I would write notes and hand them to her. Other times we would just sit together quietly.

"She had four kids and was a busy lady. She gave me so much time and energy. It was around the time when I think she was deciding that it was her second calling."

Healthy, flavorful recipes for summer



Jeanette Chen's recipes have often been formulated for people with illnesses. But they are great for everyone. Here, with her comments, are some of her most popular creations, light recipes that are perfect for this time of year. For more of Chen's recipes, go to jeanetteshealthyliving.com.



BREAKFAST

Creamy avocado and tomato toast with fried or poached egg

"I love savory breakfasts, especially ones that combine different textures and temperatures. Crunchy toast with creamy avocado, topped with a warm fried or poached egg and cool juicy tomatoes are the ultimate combination. It's packed with protein, fiber, healthy fat, vitamins and minerals."

SERVINGS: 2

INGREDIENTS

2 slices gluten-free or whole grain toast 1 avocado 1 lemon wedge 2 poached or fried eggs 1 tomato, sliced Sea salt to taste Black pepper

DIRECTIONS

Mash avocado with juice from lemon wedge and sea salt to taste. Spread on top of toast. Top with fried egg and fresh tomato slices. Season with a little salt and fresh ground pepper.

You can just use poached eggs or fried eggs. Broil the tomato on top if you like.

APPETIZER

Salmon tartare cucumber bites

"These are quick and easy to make, and are perfect for summer entertaining. I love little bites. In fact, I could make an entire meal out of appetizers. Make sure you use sushi-grade salmon. I always ask the fishmonger whether or not the salmon is sushi grade, so they know I'll be serving it raw. These are low carb, healthy and naturally gluten-free."

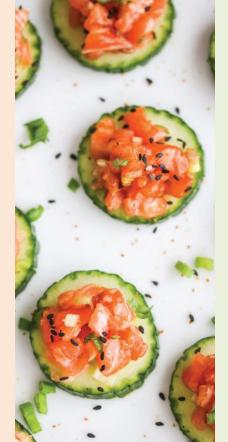
INGREDIENTS

½ pound fresh salmon fillet (sushi-grade), finely diced 2 teaspoons scallions, finely minced 1 teaspoon soy sauce 1 teaspoon mirin (type of rice wine) ½ teaspoon sesame oil 1 English cucumber Ichimi togarashi (Japanese seven-flavor chili pepper) Finely minced scallions Black sesame seeds (optional)

DIRECTIONS

To make salmon tartare, mix together salmon, scallions, soy sauce, mirin and sesame oil in medium bowl.

Trim ends of cucumber. Using a fork, score the peel of the cucumber lengthwise. Slice into rounds. Spoon salmon tartare on top of cucumber rounds, then sprinkle some ichimi togarashi, minced scallions and black sesame seeds on top to garnish. Serve immediately.



DRINK

Mango coconut milk smoothie

"This smoothie works for breakfast, or as a mid-morning or afternoon snack. It's also perfect for anyone on a soft-food diet or liquid diet. It can be made thicker or thinner, depending on the consistency you're looking for. Add more milk for a thinner consistency, or some ice for a thicker one."

SERVINGS: 2

INGREDIENTS

2 mangoes, flesh only 1 cup vanilla nonfat Greek yogurt 1 cup low-fat milk ¼ cup coconut milk 1 tablespoon mint leaves

DIRECTIONS

Place all ingredients in a blender and blend until smooth. Add more milk if a thinner consistency is desired.

SNACK

Smoky sun-dried tomato and roasted red pepper hummus

"I made this for a friend's baby shower. The vibrant red color makes this a great party dip, thanks to lots of roasted red peppers, sun-dried tomatoes, and smoked Spanish paprika. For a special occasion, this hummus is great served in mini glasses (I used shot glasses) with long, skinny vegetables."

VIELDS: 3 cups INGREDIENTS

1½ cups (15-ounce can) cannellini beans or chickpeas, drained, liquid reserved 2 cloves garlic 1 cup roasted red bell peppers ½ cup sun-dried tomatoes ¼ cup tahini 3 tablespoons fresh lemon juice ¼ teaspoon Spanish smoked paprika Dash of cayenne pepper Sea salt and pepper, to taste 3 tablespoons extra virgin olive oil

DIRECTIONS

Place all ingredients in food processor except olive oil. Process until almost smooth. Drizzle in olive oil and continue processing until smooth. Add some of the reserved bean liquid as necessary to achieve desired consistency.



Summer lemon shrimp pasta

"Facebook can be a dangerous thing. The other night I posted a picture of this dish. My neighbor saw it and commented, 'There's a kitchen two doors down the lane that needs you.' I love that! We had extras, so I went to her house after dinner to drop off a container of leftovers. It reminded me of growing up and my mom used to have us bring over fried rice and other goodies to our neighbor across the street."

SERVINGS: 4

INGREDIENTS

12 ounces shrimp, shelled and deveined
1 teaspoon cornstarch
1 teaspoon wine
Salt and freshly ground pepper
14 cup extra virgin olive oil
15 cup freshly grated Parmesan cheese
2 cest from one lemon
Juice from one lemon
1 tablespoon olive oil
3 garlic cloves, thinly sliced
1 red bell pepper, sliced
1 cup corn
1 cup cherry tomatoes or chopped tomatoes

½ cup low-sodium chicken broth 4 cups cooked, gluten-free pasta ¼ cup chopped basil

DIRECTIONS

Marinate shrimp with cornstarch, wine, a little salt and pepper; set aside while you cook the vegetables. In a small bowl, mix together ¼ cup olive oil, Parmesan cheese, lemon zest and lemon juice; set aside.

Heat 1 tablespoon olive oil in a large skillet; add garlic and sauté until light brown; add marinated shrimp and sauté until just cooked through; remove shrimp.

Add bell pepper, corn and tomatoes to skillet and sauté another 2-3 minutes; add chicken broth, Parmesan cheese mixture, cooked shrimp and pasta. Toss well. Add basil and give everything a toss. Serve.





DESSERT

Skinny strawberry cheesecake parfaits

"These decadent-looking parfaits are deceptively light compared to traditional cheesecake — the secret ingredients in this recipe are low-fat cottage cheese and nonfat Greek yogurt. Making individual parfaits is a great way to manage portion control. This is a nice treat when you're craving cheesecake, but don't want all the fat and calories of the full-fat version."

SERVINGS: 4

INGREDIENTS

Cheesecake filling

1 cup nonfat or low-fat (1% or 2%) cottage cheese ½ cup powdered sugar ½ cup nonfat Greek yogurt 1½ teaspoons vanilla extract

½ cup heavy cream ½ teaspoon vanilla extract 1½ teaspoon powdered sugar

Parfait layers

6 squares graham crackers, broken into pieces 2 cups strawberries, cut into bite-size pieces

form. Fold whipped cream into cottage cheese mixture until blended.

Assemble parfaits

Sprinkle a few graham cracker pieces in the bottom of four serving glasses. Top with strawberries. Add a dollop of cheesecake filling. Add another layer of graham cracker pieces, strawberries and cheesecake filling. Garnish with graham cracker crumbs and a strawberry half.

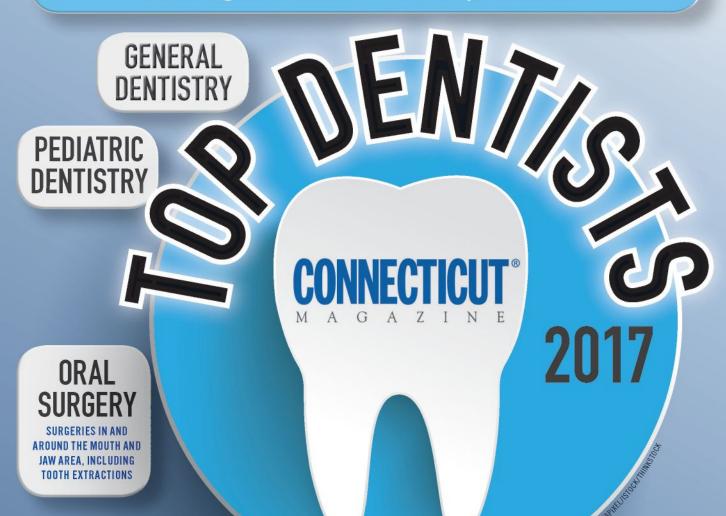
DIRECTIONS Cheesecake filling

Place cottage cheese in a food processor and process until smooth. Add ½ cup powdered sugar, yogurt, and 1½ teaspoons vanilla and process until mixed well.

Beat heavy cream until light peaks form. Add ½ teaspoon vanilla and 1½ teaspoons powdered sugar. Continue to beat until stiff peaks

WHICH CONNECTICUT DENTISTS DO OTHER DENTISTS RECOMMEND?

Here are the results of our 10th annual exclusive poll, featuring 362 dentists in seven specialties.



ORTHODONTICS

PREVENTION AND CORRECTION OF IRREGULAR TEETH, INCLUDING WITH BRACES

PROSTHODONTICS

FULL-MOUTH CARE FOR ORAL FUNCTION, COMFORT AND APPEARANCE, INCLUDING CROWNS, FIXED BRIDGES, DENTURES AND COSMETIC DENTISTRY

PERIODONTICS

CARE OF THE MOUTH'S SOFT Tissue, including the gums, and Supporting bones of teeth

ENDODONTICS

CARE OF THE INNER TISSUE AND NERVE OF THE TOOTH, INCLUDING ROOT CANALS AND OTHER SURGICAL ROOT PROCEDURES

Full listing of all Top Dentists begins on page 63 Dentists' profiles (advertising section) begin on page 67

HOW THE DENTISTS ARE CHOSEN

For 2017, we sent questionnaires to every dentist licensed in Connecticut — about 2,800 asking them to recommend a dentist to whom they would send a loved one for care in seven categories. We received nearly 400 responses, a very good return rate. Thus, every dentist listed has been recommended by a significant number of his or her peers; indeed, the only way to make the list is through these peer recommendations. (Dentists do not pay to make the list.)

We like to say that every dentist who makes the list is a good one, or at least a recommended one, but not every good dentist makes the list. You should use it as a reference, not the final word, as you search for someone to help you with your dental needs. You must ultimately do your own due diligence in order to decide which dentist is right for you or your loved ones.



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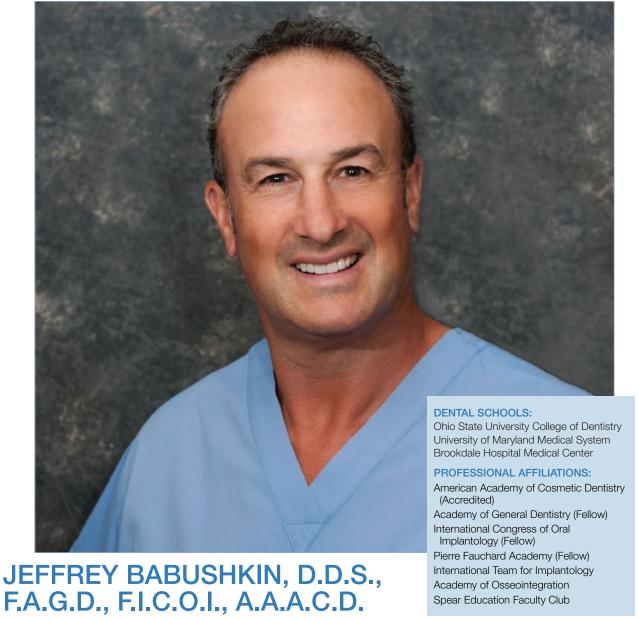
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DR. JEFFREY BABUSHKIN is the only dentist in Fairfield County who is board accredited by the American Academy of Cosmetic Dentistry. As an AACD Accredited Member, he joins an elite group of dentists dedicated to advancing excellence in comprehensive oral care by combining art and science to improve optimal dental health, esthetics, and function. Accreditation requires the highest level of proficiency and completion of the most rigorous credentialing process in cosmetic dentistry.

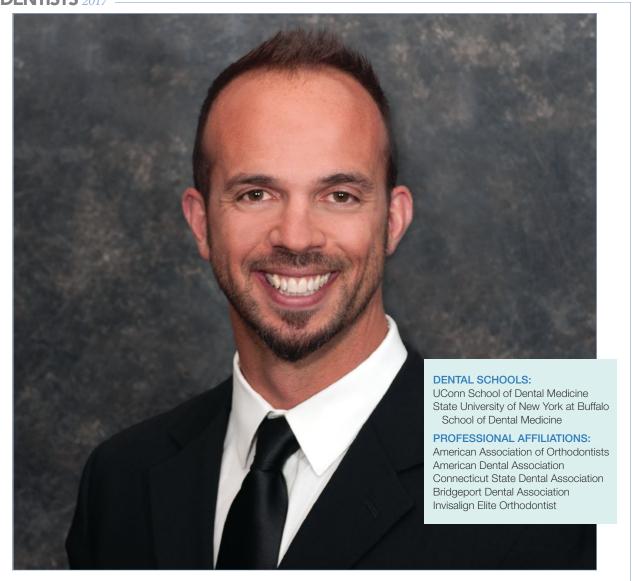
Dr. Babushkin is a Fellow in the Academy of General Dentistry, a credential earned by only seven percent of general dentists and a Fellow in the International Congress of Oral Implantologists. He has been awarded Fellowship in the Pierre Fauchard International Honor Dental Organization, which emphasizes professionalism, integrity and ethics. This honor is achieved by nomination from dental leaders for outstanding achievements in dentistry.

After graduating from The Ohio State University College of Dentistry, Dr. Babushkin completed a general practice residency at the University of Maryland Medical System. He further trained at the Brookdale Hospital Medical Center where he completed an American Academy of Implant Dentistry Maxicourse in Oral Implantology. As a leader in the field, Dr. Babushkin lectures extensively on dental implant restorations and achieving superior esthetic results sharing his knowledge with dentists around the country.

Dr. Babushin and his associates, Dr. Wendy Austin and Dr. Brian Wooley are committed to providing optimal dental care for every patient's unique needs. Cosmetic & Preventive Dentistry is a state-of-the-art facility with the most up-to-date technological advancements including 3D Cone Beam CT scanning for better diagnosis and treatment, CEREC single visit crowns, soft tissue laser, digital X-rays, and intraoral photography. Services include digital smile design, implants and full mouth reconstruction including implant supported restorations in one day, porcelain veneers, crowns, Invisalign® with digital intraoral scanning, teeth whitening and all aspects of family dentistry.

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JOSHUA E. BAUM, D.M.D., M.S.

DR. JOSHUA BAUM GRADUATED MAGNA CUM LAUDE FROM TUFTS UNIVERSITY with a B.S. in biology. He earned his D.M.D. from the UConn School of Dental Medicine and M.S. and Orthodontic Certificate from SUNY Buffalo. His extensive educational background, coupled with his tremendous experience, expertise and gentle manner has made him a peeresteemed member of the orthodontic community.

He recommends that children have their first orthodontic visit at age seven. This proactive approach makes it easier to treat many issues while bones are soft and growing. Early correction of jaw growth can circumvent the need to pull teeth and give patients a better self-image earlier in life. Another advantage is that children typically wear braces for a shorter period of

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Dr. Baum's patient-friendly environment doesn't feel like a typical orthodontist office. Electric guitars and skateboards adorn the walls and there is a full-sized arcade. Dr. Baum states that one of his main goals is to "have fun every day and to treat our patients as if they were guests in our home." His staff takes the same approach; "we strive to make sure that our patients not only end up with a great smile, but that they keep smiling with us throughout the process." His staff includes registered hygienists and certified orthodontic assistants, all of whom are extremely professional and well trained, and most have been working together for over a decade. He says, "We truly believe there is no profession better or more rewarding than helping to create smiles!"

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There are few periodontal and dental implant practices anywhere that bring to the table the decades of experience of both doctors and staff that River Valley Periodontics & Implant Dentistry offers. With over 70 years' combined experience in periodontal and implant therapy, it is difficult to find a clinical situation we have not encountered and treated successfully. Continually striving to provide each and every patient the finest, gentlest, most up-to-date and quality treatment in a caring environment is our number one goal. With that in mind, we work very closely with our referring doctors in a team approach to total patient care. When appropriate, laser therapy and other minimally-invasive techniques are offered for a gentle approach to the treatment of periodontal diseases. And for apprehensive patients, various forms of sedation are available to make the process painless.

DR. MATTHEW CANTNER completed his DMD degree and periodontal residency at the University of Pennsylvania, where he received the Director's Award for Top Resident and highest achievement from the Northeast Society of Periodontics.

DR. CRAIG FOISIE earned his DMD at Boston University, a certificate in Advanced Education in General Dentistry from the Naval Dental Center in Norfolk, VA, a certificate in periodontology from the Naval Postgraduate Dental School in Bethesda, MD, and a master's in oral biology from George Washington University. He is a past president of the Connecticut Society of Periodontists.

DR. TATYANA OKS earned her DDS from Columbia University, continuing her post-doctoral training and earning a master's degree in periodontics and implant surgery there as well. She has served on Dean's Faculty at the University of Maryland dental school, where she taught clinical periodontics.

DR. I.L. (LEE) CANTNER II earned his DMD from the University of Pennsylvania and did his residency in periodontics at Boston University. He held a faculty position at Penn, taught at the US Public Health Service and worked in private practice in Philadelphia prior to joining the practice in

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THE CENTER FOR DENTAL EXCELLENCE, LLC, OFFERS SIMPLE AND SOPHISTICATED DENTISTRY, from general dentistry to cosmetic, prosthodontic, and restorative care, including dental implants.

DR. LAWRENCE CHRISTIAN received his doctoral degree from the University of Connecticut School of Dental Medicine. He continued his training by completing an intensive, hospitalbased general practice residency at St. Francis Hospital in Hartford. As a general dentist, he is the primary provider for the family and general practice patients. He holds membership with the American Dental Association, American Academy of Fixed Prosthodontics, Connecticut State Dental Association, and Hartford Dental Society. Easy-going and with a quiet sense of humor, Dr. Christian is meticulous with his dental treatment.

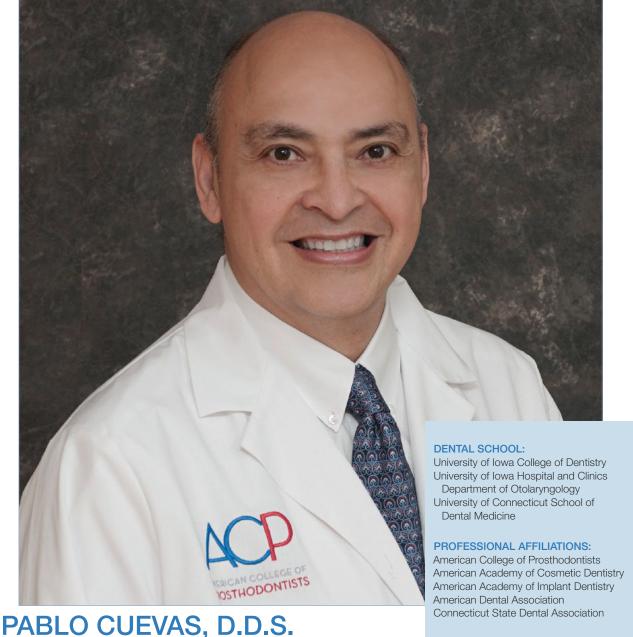
DR. BRUCE NGHIEM graduated from Tufts University School of Dental Medicine and did his general residency at UConn School of Dental Medicine. He completed a three-year training program at the University of Iowa College of Dentistry in prosthodontics. He served on the boards of the Hartford Dental Society and McManus Fund, and was founder of the Farmington

Valley Dental Series Study Club. A lecturer at study clubs, he also served as a past part-time faculty at the UConn School of Dental Medicine Department of Postgraduate Prosthodontics. He holds memberships with the American College of Prosthodontics, American Prosthodontic Society, American Academy of Fixed Prosthodontics, Academy of Osseointegration, Massachusetts Dental Society, Connecticut State Dental Association, Hartford Dental Society, and American Dental Association.

DR. MICHAEL CHRISTIAN is a board-certified prosthodontist. He received his Doctoral Degree from UConn School of Dental Medicine, receiving several awards in the fields of prosthodontics, restorative, and implant dentistry. He completed a three-year specialty residency in prosthodontics at the University of Illinois at Chicago College of Dentistry. He frequently lectures to dentists and specialists throughout Connecticut. A Diplomate of the American Board of Prosthodontics and a Fellow of the American College of Prosthodontics, he holds memberships in the American Dental Association, American Academy of Fixed Prosthodontics, Connecticut State Dental Association, Hartford Dental Society, and Litchfield County Dental Society.

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DR. PABLO CUEVAS, Prosthodontist, is a specialist in Cosmetic and Implant Dentistry. With 31 years' experience, he has been committed to excellence in dentistry as a lecturer, and tenure-track faculty member, researcher and practitioner. After earning his dental degree from the University of Iowa, he was accepted into a premier postgraduate specialty training residency in prosthodontics. He then completed an American Cancer Soecity Fellowship in Oncology and Maxillofacial Prosthetics at the University of Iowa Hospitals and Clinics, Department of Otolaryngology (consistently ranked No. 1 by U.S. News & World Report). After this extensive mastery-level training, he was recruited to the nationally top-ranked UConn School of Dental Medicine. As a full-time tenure-track faculty member, Dr. Cuevas taught both undergraduate and graduate-level courses. His publications and research projects focus primarily on dental implants and cosmetic dentistry. He was also editor of a "Dental Question and Answer" column for the Fairfield Citizen.

In his state-of-the-art boutique private practice in the heart of Fairfield, Dr. Cuevas offers exceptional treatment. "The thing that I hear most from new patients," he says, "is how absolutely thorough and complete their initial examination is. Nothing is overlooked; no detail is too small. We care deeply about each and every one of our patients. From the moment you arrive to the moment you leave, we want you to feel comfortable and confident in our expert hands." He is motivated, he says, by the belief that "every person deserves a natural-looking, healthy and radiant smile."

He adds, "I could not do what I do without a highly trained, caring staff, which make going to work each day a great pleasure." Anyone who knows him would tell you that he has a deep passion for excellence. He feels it is an honor and a privilege to serve. "If a beautiful smile is what you once had or always wanted, this is the office that can create it for you. Call us for a consultation today!"

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JACK DEGRADO, D.D.S.

DR. JACK DEGRADO graduated from Columbia College of Dental Medicine. He completed his residency at Manhattan VA hospital and further trained in implantology at Brookdale University Hospital and prosthodontics at Montefiore Medical Center. His growing practice, Stamford Dental Group, founded in 2000, now has four dentists.

As a prosthodontist, Dr. DeGrado provides a superior alternative to dentures for people who lost their teeth. People with dentures only have 10 percent of their chewing capacity because the "dentures are sitting on soft tissue," he notes. "With implants, it's 90 percent," and restored teeth don't slip out while eating, as dentures do. He strengthens and protect broken or damaged teeth with CEREC crowns, which are milled in-office and placed permanently within an hour. The technology of the 3D Cone Beam Computed Tomography (CBCT) gives him accurate images of bone, roots, anatomy, and causes of problems that are below teeth and gums. He uses BIOLASE to do fillings without anesthesia and gum surgery without cutting, sutures, periodontal packs, swelling, pain, or bleeding.

To enhance people's smiles, Dr. DeGrado offers a wide array of services such as teeth whitening and veneers. His priority is to mend teeth to make them healthy and functional and put the finishing touches on with cosmetic dentistry. He also offers Teeth in One Day, which includes extractions of bad teeth, placement of implants and fixed teeth, for immediate improvement.

He believes that "great patient care goes hand-in-hand with customer service, which includes the staff at the front desk. From the minute they walk in, they will see a difference." He spends a lot of time during initial consultations to understand patients' needs, wants and expectations, and treatment plans are "designed to exceed expectations."

Dr. DeGrado has participated in the Connecticut Mission of Mercy and donated free services to over 180 patients at the annual Dentistry from the Heart event at his office. He also supports the American Red Cross and ARI, an organization for adults with disabilities, as well as the Food Bank of Fairfield county and Wounded Warrior Project.

STAMFORD DENTAL GROUP

47 Oak St., Stamford • (203) 703-9411 • stamforddentalgroup.com



ANTONIO LEPORE, JR., D.D.S. ANNEMARIE DELESSIO-MATTA, D.M.D.

DRS. ANTONIO LEPORE, JR. AND ANNEMARIE DELESSIO-MATTA of Pediatric Dental Associates of Southbury have offered comprehensive oral health care for infants, children and adolescents for over 22 years. All the doctors at Pediatric Dental Associates are Board Certified in Pediatric Dentistry, Diplomates of the American Board of Pediatric Dentistry and Fellows of the College of Diplomates.

DR. "TONY" graduated Magna Cum Laude from SUNY Albany and earned his doctorate at Stony Brook University School of Dental Medicine. He completed a General Practice Residency at Albany Medical Center where he was an Assistant Professor of Surgery and the Program Director. He completed his pediatric dentistry training and fellowship at the UConn School of Dental Medicine. He recently retired from teaching at UConn but continues to work closely with the CCMC Craniofacial team.

DR. "MIMI" graduated from Saint Francis University in Pennsylvania with a BS in Biology and received her doctorate from UConn School of Dental Medicine. She completed a General Practice Residency at Brigham and Women's Hospital in Boston and pediatric dental training at St. Barnabas Hospital in Bronx, NY. Dr. Mimi is active in her local and state dental societies and currently serves on the CSDA Board of Governors for District 3.

Drs. Lepore and DeLessio-Matta are partners with Dr. Elina Bilman. She graduated Summa Cum Laude from SUNY Binghamton and went on to receive her doctorate at the University of Pennsylvania. She completed her pediatric dental training at the UConn School of Dental Medicine. Dr. "Elina" is passionate about early intervention and caries prevention and is trained in Silver Diamine Fluoride application.

Pediatric Dental Associates love their patients and strive to make every child's dental experience a positive one. They specialize in providing compassionate care to patients with special needs and participate in fundraising for local charities and organizations.

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STUART E. LIEBLICH, D.M.D. DANIEL J. GILL, D.D.S., M.D. MARK C. FLETCHER, D.M.D., M.D.

DRS. STUART E. LIEBLICH, DANIEL J. GILL AND MARK C. FLETCHER offer both office-based and hospitalbased oral surgical procedures including dental implants, wisdom teeth removal, bone grafting, corrective jaw surgery, and complex reconstructive surgeries for patients of all ages who have suffered severe injuries to the face and jaw. All three doctors are members of the Maxillofacial Trauma Team at Hartford Hospital and are board-certified in their field. They have introduced and published on the use of a novel sustained release local anesthetic to improve post-operative comfort in surgical patients.

DR. STUART E. LIEBLICH graduated from Rutgers with the highest honors and the University of Pennsylvania School of Dental Medicine. He completed a residency in oral and maxillofacial surgery at Kings County/Downstate Medical Center in Brooklyn. A clinical professor at the UConn School of Dental Medicine, he received grants to study wound healing, synthetic bone reconstruction materials, and the use of implants in the jaws. He is past president of the American Board of Oral and Maxillofacial Surgery.

DR. DANIEL J. GILL graduated with distinction from the University of Virginia and cum laude from the UCLA School of Dentistry. He earned his M.D. at UConn School of Dental Medicine and completed the six-year UCONN integrated oral and maxillofacial surgery residency program. A recipient of several academic honors and scholarships, Dr. Gill received the AAOMS Dental Implant Student Award and the Horace Wells Senior Student Award for outstanding achievement in dental anesthesiology. Dr. Gill holds a faculty appointment at UConn and continues to teach and train residents in the oral and maxillofacial surgery residency program.

DR. MARK C. FLETCHER graduated from Boston College and the University of Pennsylvania School of Dental Medicine. He received his M.D. magna cum laude from Jefferson Medical College. He completed a general practice residency at Northwestern Memorial Hospital in Chicago and a general surgery internship and oral and maxillofacial surgery residency at Thomas Jefferson University Hospital in Philadelphia. Dr. Fletcher teaches at the UConn School of Dental Medicine and is the Division Head of Oral and Maxillofacial Surgery at Hartford Hospital.

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JENNIFER YOU, D.M.D. AMALIE LOMARTIRE, D.D.S., F.A.C.P.

DR. JENNIFER YOU has been practicing dentistry in Connecticut since 2006. She graduated in 2005 from the University of Alabama at Birmingham, School of Dentistry. She then entered the general practice residency program at St. Francis Hospital in Hartford and was named "Resident of the Year". She joined Levy Dental Group in 2011 and purchased the practice in 2013.

She is committed to establishing the group as the premier dental health provider in the greater New Haven area with excellent hygienists, dentists, and specialists. She prides herself in providing the most advanced dental technology and techniques coupled with compassionate care.

Dr. You credits the team she has assembled with her successes as a business owner and practitioner. She says, "I love coming to work and spending my day with my second family. I know the people that surround me have the same goals of providing the best in patient care and customer service. I truly could not do what I do without having a great team behind me."

DR. AMALIE LOMARTIRE is Levy Dental's board-certified Prosthodontist. A Phi Beta Kappa inductee at Lafayette College, she majored in Spanish and biology. She earned her D.D.S. at Stony Brook University School of Dental Medicine and was inducted to the OKU honor society. She completed her specialty training in prosthodontics at Montefiore Medical Center in New

Dr. Lomartire is an expert in the replacement of teeth, utilizing the most advanced technologies and restorative techniques. With formal training in cosmetic dentistry, she finds great satisfaction in restoring a patient's entire smile. She is an expert in "Teeth-in-a-Day," utilizing dental implants. This procedure is appropriate for those with severely broken down teeth. She says, "It is amazing how a dental procedure cannot only transform someone's mouth, but also his/her entire being. I am lucky to be in a profession that provides a product that transcends its intended form and function."

LEVY DENTAL GROUP

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MICHAEL SONICK, D.M.D. RUI ("RAY") MA, D.M.D.

DRS. MICHAEL SONICK and RUI MA treat patients with the utmost respect and compassion in a warm, caring environment. Their priority is patients' well-being, providing comprehensive treatment planning for each patient. Once informed, patients can choose the most appropriate treatment for better health and enhanced beautiful smiles. Their strong commitment to clinical and academic endeavors reflect their commitment to patient-centered care.

DR. MICHAEL SONICK is a world-recognized periodontal and dental implant surgeon with a doctorate from UConn School of Dental Medicine and a degree in periodontics from Emory University. He trained in implant dentistry at Gothenburg, Sweden's Branemark Clinic and Harvard University.

Having successfully placed more than 10,000 implants, Dr. Sonick uses advanced technologies to regenerate bone and soft tissue restoring patients to optimal health. He regularly teaches at New York University and at UConn. Co-editor of Implant Site Development, a textbook on implant surgery, he is a sought-after lecturer nationally and abroad. He volunteers to treat indigent

patients in need globally.

Dr. Sonick recalls, "At age eight, I had a terrible bike accident and lost my front teeth and fractured my jaw, which required years of dental reconstruction....I do everything possible to treat [patients] as I would like to be treated, with dignity, respect, and up to date care in a pain-free, comfortable environment."

DR. RUI MA is a fourth-generation dentist. He graduated summa cum laude with a B.S. in chemistry from SUNY Albany, where he was class valedictorian. After earning his D.M.D. from Tufts University, he completed his post-doctoral training in periodontics at Stony Brook University, where he received a Certificate of Advanced Graduate Study in periodontics.

Dr. Ma has made it his personal mission to educate and guide patients through co-diagnosis, co-treatment planning, and assisting them with important decisions on treatment and care. He provides individualized treatment based upon each patients' requirements. He believes that as practitioner, his first mission is to inform and educate each patient of their treatment options, so that they can make the best possible decision for their own care.

FAIRFIELD COUNTY IMPLANTS & PERIODONTICS, LLC

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FRANCESCO P. MARATTA, D.M.D., F.A.C.P.

DR. FRANCESCO P. MARATTA, a Connecticut native, received his undergraduate degree in biology with a minor in Italian at Trinity College in Hartford and earned his D.M.D. from the UConn School of Dental Medicine. After completing a program in Advanced Education in General Dentistry (AEGD) at Columbia University School of Dental Medicine, he trained for three years in Prosthodontics at Albert Einstein College of Medicine at Montefiore Medical Center. Board-certified by the American Board of Prosthodontics, he is a Fellow of the American College of Prosthodontics.

As a Prosthodontist, Dr. Maratta is an architect of comprehensive treatment and solutions for both simple and complex dental issues. He offers a full diagnostic and comprehensive care including services for restorative dentistry including fillings, veneers, crowns, bridges, dental implants, and dentures for both cosmetics and function for a better quality of life. He designs naturally looking beautiful and youthful smile makeovers to boost patients' self-confidence. He does complex restorative dentistry, single tooth and complete mouth restorations, cosmetic dentistry, and maxillofacial prostheses and artificial substitutes for oral and facial tissue for patients who have suffered a

traumatic injury or oral cancer. He incorporates digital 3Shape impressions for less invasive surface or tooth replacement and a Biolase Laser for Gingival Sculpting. Among the newest proven protocols, he's studied and utilized "All-On-4" which restore full dental function for a single tooth, multiple teeth or full arch that look, feel and function like patients' own healthy, natural teeth and offer unsurpassed levels of comfort. He offers teeth whitening, treatment for sleep apnea and customized bite appliances to promote comfort and good oral health.

Dr. Maratta offers comprehensive treatment for dental implants which includes Nobel Biocare digital planning and minimally invasive grafting for immediate and accurate placement of implants. Restorations can sometimes be placed right away after implants are inserted (Teeth In a Day), and patients can go home the same day with beautiful teeth.

Because of his solid reputation for delivering optimal results with personalized patient care and the highest quality of treatment and technology, he is sought after beyond his practice in New Haven. He is also practices with Stamford Dental Group, and volunteers with Dentistry From The Heart.

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STAMFORD DENTAL GROUP, L.L.C.

47 Oak St., 2nd Fl., Stamford • (203) 883-6074



EMILY O'KEIFF, D.D.S., M.S.

DR. EMILY O'KEIFF graduated cum laude from the University of Notre Dame with a B.S. in biology and a minor in Spanish, which she still speaks. She graduated magna cum laude from Baltimore College of Dental Surgery, the world's first dental college and the birthplace of the Doctor of Dental Surgery degree. She trained in orthodontics at the University of Minnesota School of Dentistry and earned an M.S. in oral biology. She served as section chief for the dental section of the department of surgery at New Milford Hospital from 2008-2015.

Dr. O'Keiff is in solo practice as an orthodontist and treats children and adults. Her warm, relaxing office is located in a historic building with exposed brick and large windows with natural light. The non-clinical look of her office is one reason why people feel calm and relaxed at each visit. Dr. O'Keiff is also good at relieving patients' anxieties.

She follows the guidelines of the American Association of Orthodontics, which recommends early evaluation of children at the age of seven to see if there is any "underlying skeletal

disharmony" that needs to be addressed. Some treatments, she explains, such as palate expanders and correction of underbites, should be treated in the young to make future treatment more effective.

Regardless of the type of treatment her patients require, she spends "a significant amount of time on communication," she says. "I send a pre- and post-treatment letter, photos, and X-rays to their dentists, and pre-and post-treatment letters and photos to each patient. They are very thorough, customized letters not 'stock' - and I spend most of my time (when I am not with patients) working on this."

Dr. O'Keiff makes orthodontics as fun as possible for children, offering a choice of different colored braces, very high-tech self-ligating braces for kids, porcelain braces, or nearly-invisible Invisalign appliances. She is a preferred provider of Invisalign®, Invisalign Teen® and Invisalign Express® due to her extensive experience with this technology.

EMILY O'KIEFF, D.D.S.

30 Bridge St., New Milford • (860) 354-6006



MARK D. RUBIN, D.M.D., TODD B. RUBIN, D.M.D. SATOKO ONO RUBIN, D.M.D.

DRS. MARK, TODD and SATOKO RUBIN are honored to be individually recognized by their peers as top dentists in their field. They strive to achieve "patient-first" care focusing on patient education and involving patients in the treatment planning process. "It's what we would do if it were a member of our family," says Dr. Todd. Patients compliment them on their warm, caring and skilled staff. They are thrilled to also have as part of their team, Dr. Samuel Li, who carries the same standard of care that they strive to achieve.

DR. MARK RUBIN earned his D.M.D. degree from the University of Pennsylvania School of Dental Medicine and did his residency in general practice at Goldwater Memorial Hospital in New York. He opened his practice in South Windsor in 1973 and has earned the respect of his patients and colleagues over the years for being a highly skilled dentist in addition to being a caring, compassionate person.

DR. TODD RUBIN joined his father's practice in 2004. He attended Tufts University School of Dental Medicine, then completed an advanced education in general dentistry residency at the University of Connecticut. He has been selected by his colleagues as a top CT dentist for a fifth consecutive year due in part to his esthetic and predictable long-term results and attention to detail.

DR. SATOKO ONO RUBIN graduated from Tufts University School of Dental Medicine, followed by a three-year prosthodontics specialty at Boston University and a three-year periodontics masters at UConn. This gives her the privilege and distinction of being the only dentist in Connecticut holding these dual specialties. An associate clinical professor at UConn, she won the 2016 Educator award from the American Academy of Periodontology for outstanding teaching and mentoring in periodontics. She is a Diplomate of the American Board of Periodontology, president of the CT Society of periodontists and a member of the American College of Prosthodontics. She won international recognition with her 1st place award for research on implant retained dentures. Dr. Ono Rubin is excited to be expanding her patient care and expertise to West Hartford Center in 2018.

RUBIN FAMILY DENTISTRY & ASSOCIATES

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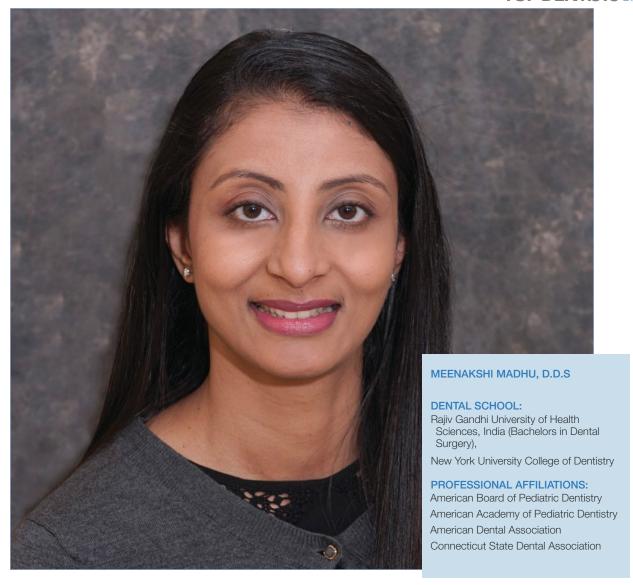
DR. MITCHELL QUINTNER, a Milford native, graduated from UConn, where he received his B.A. in biology and M.S. in cell biology. He earned his D.M.D. from the UConn School of Dental Medicine. Active in the community, he is a Milford Rotarian and serves on the Board of Health. He has participated in the Annual Day of Giving, which offers free dental care to the needy and donated dental services in Haiti, where he treated 50-60 people a day to relieve their oral pain.

DR. ALEXANDER QUINTNER is a summa cum laude graduate and a Phi Beta Kappa key from Tufts University. He graduated with honors from the University of Pennsylvania School of Dental Medicine and was the sole recipient of the Delaware Valley Society of Oral and Maxillofacial Surgeons Award. One of eight students chosen nationwide to receive a fellowship in health policy from the American Medical Student Association, he is pursuing a Mastership of the Academy of General Dentistry, a program that draws fewer than two percent of dentists.

Drs. Quintner, along with their colleagues, a periodontist, oral surgeon, pediatric specialist, and certified Invisalign preferred providers, use a team approach to provide multi-specialty services under one roof, providing the most advanced treatments, cosmetic enhancements and preventative care. They offer dental implants that can immediately and predictably replace failing or missing teeth in one day. They utilize on-site CT-Scans and 3D Cone Beam imaging for precise detailed views of the teeth, face and neck, and the ability to do virtual surgery for accurate treatment plans with superior outcomes. For patient comfort, they offer sedation dentistry so patients can relax in the dental chair without fear or anxiety. They offer in-house CAD-CAM, one visit CEREC porcelain crowns, veneers and Zirconia bridges. These materials are strong, durable, compatible with the body, and more attractive than conventional ones. During routine hygiene exams, they screen for oral cancer using the VELscope® system, which provides timely information to help visualize abnormal, potentially cancerous or pre-cancerous oral tissues that are not apparent or sometimes not even visible with the naked eye alone.

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SENSITIVE CARE KIDS PEDIATRIC DENTISTRY

DR. MEENAKSHI MADHU earned her D.D.S. from New York University College of Dentistry. While at New York University, she received honors in aesthetic dentistry. After completing a year of general practice residency at Bronx Lebanon Hospital Center, New York, she did an additional two-year training program in pediatric dentistry at Harlem Hospital Center, New York, which is affiliated with Columbia University.

Dr. Madhu is a Diplomate of the American Board of Pediatric Dentistry. She takes great pride in performing different treatment modalities in pediatric dentistry. She provides care in a compassionate way that works well with children and families of all backgrounds. Her focus includes quality dental care, diet, oral hygiene, dental trauma, and milestone counseling. Her goal is to make an easy transition for her pediatric patients to adult dental

She works with Drs. Mitchell and Alexander Quintner, Kristin

Helms, Salvatore Korecki, Michael Weiner, and Ian Gibbs in a multi-specialty practice that has earned a reputation for providing high-quality dental care in a setting that is both modern and spa-like. We believe good oral health begins early and can last a lifetime.

Our entire pediatric team take extra-sensitive care of our young patients. Dr. Madhu strives to help families establish a dental home where children have a positive experience and encourages good dental habits and preventive care. She is highly trained in behavior management, sedation, prevention, operating room dentistry, interceptive orthodontics, and caring for special needs patients.

Dr. Madhu actively takes part in dental outreach programs and is actively involved with dental communities in Connecticut. Dr. Madhu is an attending dentist at Harlem Hospital, New York She resides in Fairfield County with her husband and daughter.

SENSITIVE CARE COSMETIC & FAMILY DENTISTRY

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GREGORY A. TOBACK, D.M.D., M.S. MARIANNE MURRAY URBANSKI, D.M.D., M.S.C.D.

With over 45 years of combined specialty experience in dental implant surgery, periodontal therapy and periodontal plastic surgery, the team of Dr. Gregory Toback and Dr. Marianne Urbanski have built a culture of predictability at Shoreline Periodontics.

DR. GREGORY TOBACK graduated cum laude from St. John's University and earned his D.M.D. from UConn School of Dental Medicine, where he received the Award for Excellence in Restorative and Prosthetic Dentistry. He further trained in periodontics and dental implants at the University of Texas Health Science Center in San Antonio. He is licensed to provide services using conscious sedation and has advanced training in medical emergencies and holds a certificate in Advanced Cardiac Life Support (ACLS). In addition to private practice, Dr. Toback is a Clinical Professor at UCONN Dental School. He also participates in clinical research as a member of the prestigious McGuire Institute.

DR. MARIANNE MURRAY URBANSKI graduated cum laude from the College of the Holy Cross in Worcester and earned SHORELINE PERIODONTICS. PC

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her D.M.D from UConn School of Dental Medicine where she received the award for Excellence in Restorative Dentistry and Oral Pathology. She completed her general dentistry residency at St. Francis Hospital and Medical Center in Hartford and returned to UConn Dental School for her specialty training in periodontics and Masters of Dental Science Degree. She was in solo practice in Meriden for 21 years before returning to her hometown of New London. She taught periodontics at UConn's School of Dental Medicine and Yale-New Haven Hospital, and is the author of the book, *Mind and Medicine: In Harmony for Healing*.

Both Drs. Toback and Urbanski are committed to providing patients with superior modalities to treat patients who have dental disease and have expertise in treating those who suffer from anxiety and apprehension. The doctors are certified in laser gum surgery (LANAP), Wilckodontics[™] Accelerated Osteogenic Orthodontics[™] procedure to surgically accelerate orthodontic therapy, and the Pinhole Surgical Technique (PST) to correct gum recession.

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2017 TOP DENTISTS PROFILES

RICHARD AMATO, D.D.S.

DR. RICHARD AMATO graduated with high honors from Adelphi University. He earned his dental degree from Stony Brook University, where he received the Award for Excellence in Periodontology. He completed a post-doctoral residency at the Eastman Dental Center at the University of Rochester Medical.

Dr. Amato is passionate about today's advances in treating periodontal disease because these treatments help control other inflammatory diseases. He is one of the few area specialists to perform LANAP® protocol, the only FDA-approved laser protocol to eliminate gum infection and close up pockets without a scalpel or sutures. He also uses the Pinhole Surgical Technique™ to rejuvenate receding gums without cutting or sutures. For implant patients, he uses an i-CAT 3D Cone Beam scanner for accurate and almost limitless views of the face and teeth and to plan treatment. With today's technological advances, he says, "Everything should be virtually painless. It's rare that I write a narcotics prescription these days."

Dental School Stony Brook University School of Dental Medicine Organizations American Dental Association, American Academy of Periodontology, Connecticut State Dental Association, Connecticut Society of Periodontists, Bridgeport Dental Association

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DR. JASON (JAY) CAMPBELL graduated from the University of Michigan School of Dentistry in Ann Arbor. He completed a residency in general dentistry at the VA Medical Center in Denver, which included post-graduate training in advanced restorative and rehabilitative procedures and advanced medical and anesthesia training. He is Invisalign certified, and completed orthodontic training with the United States Dental Institute. He takes pride in offering comfortable and advanced dentistry, including virtually painless injections.

Dr. Campbell works in a unique general dentistry practice with three other dentists. He says, "Our practice has been together for over 50 years, and many of our staff have been with us nearly 40 years." The practice offers comprehensive care, including: implants, sedation dentistry, and orthodontics. "Our patients get to know us personally, and trust us," he says. "Often times, patients don't want to be referred to someone they don't know." A strong believer in conservative treatment, he says, "If I wouldn't do a particular procedure for my Mom, I won't recommend it for my patients either."

Dental School University of Michigan School of Dentistry, Denver VA Medical Center Organizations American Dental Association, Connecticut State Dental Association, New London County Dental Association, River Valley Study Club (Seattle Study Club)

WATERFORD DENTAL HEALTH

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MONICA H. CIPES, D.M.D., M.S.D. ELIZABETH CHISHOLM, D.M.D.

DRS. MONICA CIPES and ELIZABETH CHISHOLM are a mother-daughter team of board-certified pediatric dentists with a love for children, as well as additional dental training and experience with infants, children and teens. For more than 25 years, their pediatric dental office has provided care to this specific population. By only hiring people with the same love and commitment to children, they are known as a place where their patients feel secure, relaxed and comfortable.

Drs. Cipes and Chisholm both hold degrees in pediatric dentistry and specialty certification in pediatric dentistry from the University of Connecticut School of Dental Medicine. Both are Diplomates of the American Board of Pediatric Dentistry and members of the attending staff at Connecticut Children's Medical Center in Hartford. Their particular areas of expertise and research are providing positive dental visits for patients, motivating children to practice good dental health habits, and improving the dental experience for children with special healthcare needs. At Cipes Pediatric Dentistry, they have extensive experience serving young people with special needs, including children with autism.

Drs. Cipes and Chisholm believe that every infant, child and teenager deserves a healthy, beautiful smile and are committed to providing the best possible care in a friendly, caring and fun environment.

CIPES PEDIATRIC DENTISTRY

798 Farmington Ave., West Hartford • (860) 233-1589 • cipespediatricdentistry.com



ADAM S. DANIELS, D.D.S., M.S.

DR. ADAM S. DANIELS received his bachelor's degree from Michigan State University, and earned his dental degree and master's degree in Orthodontics from the University of

Dr. Daniels' top priorities are to provide his patients with the highest quality of care possible and to promote an enjoyable orthodontic experience. Dr. Daniels has recently earned the designation of Invisalign® Elite Provider. He utilizes an iTero 3D scanner to ensure a precise fit and improved movement for his Invisalign® and Invisalign Teen® patients. Dr. Daniels has extensive training in these latest state-of-the-art orthodontic treatments as well as traditional braces and combines this expertise with an individualized patient approach to enhance treatment success. Dr. Daniels focuses on giving his patients the confidence to show their beautiful smiles. He knows firsthand the difference that orthodontics makes in people's lives, having experienced orthodontic treatment himself.

He and his team are dedicated to treating patients as family and help them achieve the smiles of their dreams. His growing practice includes treating more adults who are seeking advanced orthodontics for complex bites. He also follows and specializes in American Association of Orthodontics' recommendation for early evaluation and intervention of younger children. He is always involved in his community and with the help of his practice, has raised funds to build over 150 cook stoves in remote villages of Guatemala.

Dental School University of Michigan School of Dentistry Organizations American Association of Orthodontics, American Dental Association, Tolland County Dental Association, Spear Study Club

CONNECTICUT VALLEY ORTHODONTICS

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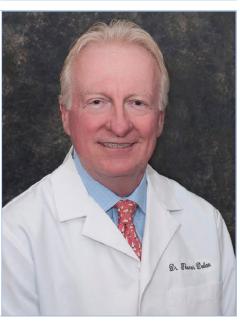
DR. THOMAS DOLAN has been in practice for over 35 years and believes that for a smile to be aesthetically pleasing, it should have a healthy foundation. This family-run practice emphasizes preventive and comprehensive care. His son, Dr. Brendan Dolan, joined Dolan Dental several years ago, further expanding the practice with his training in surgical implant placement. The father/son team provides patients with the latest technology and attention to detail. "Every patient of ours is important," Dr. Dolan says. "They become a part of our family as we improve their smiles and their dental health over a lifetime."

Dr. Dolan graduated from the University of Pittsburgh with a degree in microbiology. He earned his dental degree from New York University College of Dentistry and continued his training with a two-year advanced general practice residency at Thomas Jefferson University Hospital. He then went on to achieve his Fellowship and then Mastership from the Academy of General Dentistry, an honor bestowed upon less than two percent of practicing dentists who have shown their commitment to dentistry through over 1,000 hours of continuing education. Dr. Dolan is an Adjunct Professor at UCONN School of Dental Medicine and a Senior Clinical Instructor at Hartford Hospital, Department of Dentistry.



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ZACHARY GRILLO, D.M.D.

 $\label{eq:decomposition} \mbox{DR. ZACHARY GRILLO graduated from the University of Connecticut, where he}$ earned a Bachelor of Science degree in Physiology and Neurobiology with a minor in Ecology and Evolutionary Biology. He then received his degree of Doctor of Dental Medicine from the University of Connecticut, School of Dental Medicine. He furthered his education by completing a General Practice Residency at St. Francis Hospital in Hartford, Connecticut. He is in practice with his father, Dr. Robert Grillo, in South Windsor.

Dr. Grillo carries on his pursuit of dental excellence by his involvement in continuing education courses and membership in the American Dental Association, the Academy of General Dentistry, the Hartford Dental Society, and the Connecticut State Dental Association. He believes so strongly in continuing education he even took a trip to China to learn more on Implant Dentistry, all to serve you better. He is currently on faculty with Advanced Implant Educators where he takes great joy in teaching his colleagues. His goal is to provide you with quality, compassionate care, while giving you the information you need to make an informed decision regarding your dental and overall health. Whether for a wellness check, a full mouth rejuvenation, or just to say hello, Dr. Grillo looks forward to meeting you!

GRILLO DENTAL

498 Buckland Road, South Windsor • (860) 648-2848



JOSEPH R. HOWARD, D.D.S., M.D.

DR. JOSEPH R. HOWARD earned his medical degree from the University of Pennsylvania School of Medicine and his dental degree from New York University College of Dentistry. He completed his residency in oral surgery at the Hospital of the University of Pennsylvania and Children's Hospital of Philadelphia. He holds active licenses in medicine and dentistry in Connecticut and exceeds Connecticut's requirements for continuing education.

During medical school, he developed a "passion for what oral surgeons were doing in the operating room" because the scope of this specialty is so wide. He employs the most advanced surgical techniques and technology including 3D imaging and guided surgery. This results in safer, more predictable surgery and faster recovery for his patients. He has performed thousands of successful implants and bone grafts and does these procedures daily in his practice. He treats patients with facial trauma and broken jaws and the Hartford Wolf Pack hockey team. The office is very convenient and easy to work with, offering weekend appointments and evening hours. "We don't just remove wisdom teeth and put in implants," he says. "We fix problems and make people happy."

Medical School University of Pennsylvania School of Medicine Dental School New York University Organizations College of Dentistry Associations American Board of Oral & Maxillofacial Surgery (Diplomate), American Association of Oral and Maxillofacial Surgeons (Fellow), American Medical Association, American Dental Association, Connecticut Society of Oral Maxillofacial Surgery. CENTRAL CONNECTICUT ORAL MAXILLOFACIAL & IMPLANT SURGERY, PC

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GILLIAN R. KELLY, D.M.D., M.S.D. MICHAEL T. KELLY, D.M.D., M.S.

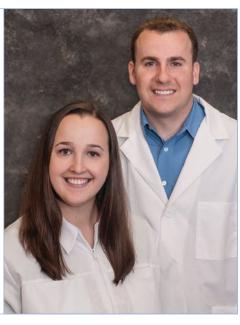
DR. GILLIAN KELLY graduated from Penn State University with honors and high distinction. She earned her degree from UConn School of Dental Medicine, where she received the Outstanding Senior Women Academic Achievement Award from the Governor of Connecticut. She trained in orthodontics at Virginia Commonwealth University, and her research has been published in orthodontic literature.

DR. MICHAEL KELLY was a summa cum laude graduate of UConn and was inducted into Phi Beta Kappa. He earned his dental degree from UConn and received the Alpha Omega award for top academic ranking in his class. He trained in orthodontics at the University of North Carolina at Chapel Hill and is board-certified by the American Board of Orthodontics.

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ANDREW MOGELOF, D.D.S., C.F.E., C.D.C., F.A.G.D.

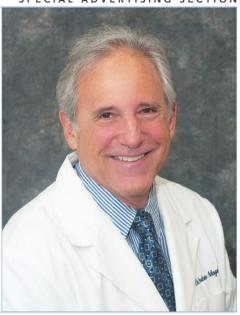
DR. ANDREW MOGELOF completed a general practice residency at Long Island Jewish Medical Center. He is a mentor at the Kois Center of Advanced Dental Education in Seattle and has completed all levels of courses at The Pankey Institute in Key Biscayne. He is chief of dentistry at Lord Chamberlain Skilled Nursing Facility in Stratford and was chairman of peer review for the Bridgeport Dental Association for 16 years. He's also a certified fraud examiner and certified dental consultant, and consults and testifies in dento-legal matters and quality-of-care issues for insurance companies.

Dr. Mogelof provides excellent care through careful, thorough diagnosis and individually designed treatment plans. As an advocate and partner in his patients' oral care, he educates each patient about their specific dental conditions, earning their trust and alleviating their fears with his consistent, methodical and responsible approach. His motto: "Let us help you smile[™]." "There is only one standard of care in my view—to treat patients the way I would want to be treated, knowing what I know."

Dental School New York University College of Dentistry Organizations Academy of General Dentistry (Fellow), International Congress of Oral Implantologists, American Equilibration Society, American Dental Association, American Association of Dental Consultants, American Association of Fraud Examiners, Pierre Fauchard Academy

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JEFFREY O'CONNELL, D.M.D.

DR. JEFFREY O'CONNELL earned his D.M.D. degree from the University of Medicine and Dentistry of New Jersey, where he completed a three-year postdoctoral residency in prosthodontics, the restoration and replacement of missing or broken teeth.

At his state-of-the-art practice, Dr. O'Connell uses digital radiology, soft-tissue laser, cavity-detecting intraoral cameras, 3-D imaging for presurgical planning of dental implant placement and CAD/CAM technology (CEREC) to fabricate porcelain crowns in one visit. He takes the time to understand patients' chief complaints and specializes in complicated cases that involve crowns, bridges and dentures. He considers himself the "architect" of his patients' treatments and thrives on the challenge of restoring dream smiles with the newest, proven procedures and superior materials that make teeth look natural and lifelike. His entire dental team is comprised of friendly, knowledgeable people who are dedicated to making every patient feel comfortable and relaxed.

Dental School University of Medicine and Dentistry of New Jersey Organizations American Dental Association, Connecticut State Dental Association, American College of Prosthodontics, Bridgeport Dental Association



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Dr. Peracchio earned his B.S. with honors from UConn and dental degree from UConn School of Medicine and oral surgery at Yale.

Dr. Saunders earned his B.A. with honors from Boston University and graduated from University of Pennsylvania School of Dental Medicine and oral surgery at St. Vincent's.

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ANATOLIY RAVIN, D.D.S., F.A.G.D., M.A.G.D.

DR. ANATOLIY RAVIN earned his D.D.S. from the NYU College of Dentistry, where he won the OKU National Honor Society award for graduating at the top of his class. He has an M.B.A. in healthcare and finance from Northeastern University. He is a Fellow of the Academy of General Dentistry and received the international Pierre Fauchard Academy award. He completed a degree from Master of Academy of General Dentistry, the highest degree and honor in the profession. A self-described "continuing education junkie," he averages 60 hours each year instead of the state required 30 years every two years to provide the most advanced dental technology and techniques.

Dr. Ravin is passionate about providing dental care at Hospital Dental Group at Hartford Hospital and everywhere he can. He has volunteered dental services at the Hartford area Community Health Center, to veterans in need at the Rocky Hill VA, and to indigent people in the Caribbean and South America. He supports For the Love of Jack, an organization which helps disadvantaged families take care of their fur babies.

Dental School New York University College of Dentistry Organizations American Academy of Cosmetic Dentistry, American Dental Association, CT State Dental Association, American Academy of General Dentistry, Pierre Fauchard Academy, OKU National Honor Dental Society, Hartford Dental Society Hartford Chamber of Commerce

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ERNEST D. REAMER, D.M.D.

DR. ERNEST REAMER is honored to be practicing with his daughter, Dr. Carolyn Reamer Blicharz, who joined the practice in 2008. Their state-of-the-art office offers all aspects of general dentistry, including the treatment of children.

Dr. Reamer has a special interest in complex restorative cases and cosmetic dentistry. His expertise includes using veneers and crowns to restore smiles. "I have a desire to produce dentistry at the highest level and not settle for the average," he says. "It's challenging and the most gratifying thing I do." Dr. Reamer works closely with a number of area specialists who often refer challenging cases to him, and says he's privileged to call a number of these colleagues patients. He credits his experienced staff with creating a warm office environment where preventive dental care and its relationship to overall health are stressed. "The best part of dentistry," he says, "has always been the person-to-person interaction."

Dental School University of Pennsylvania School of Dental Medicine Organizations American Dental Association, Connecticut State Dental Association, Shoreline Dental Society, American Academy of Cosmetic Dentistry, River Valley Study Club (a chapter of the Seattle Study Club)

ERNEST D. REAMER, D.M.D., P.C.

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JAMES E. ROBSON. D.D.S.

DR. JAMES ROBSON knows first-hand what it is like to have a smile that is less than beautiful. As a middle school student, his orthodontist straightened his "horribly crooked teeth," and inspired him to study dentistry. He studied at the University of Colorado and earned his D.D.S. from Northwestern University Dental School. He practiced dentistry for five years in the Navy and was named "Top Dentist" there. He participated in humanitarian trips to the South Pacific and the Give Kids A Smile program and also volunteers his dental services at the Mission of Mercy here in Connecticut.

"I can give them back something that they have been missing from restoring a single tooth to an entire smile," he says. No matter how big a problem is, there's got to be at least one solution." He offers the Wand® STA (single-tooth anesthesia system) as an alternative to painful injections.

Dental School Northwestern University Dental School Organizations American Dental Association, Academy of General Dentistry, New London County Dental Society (past president), Southeastern Connecticut Study Group, Spear Study Club

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DAVID R. STEBBINS, D.M.D.

DR. DAVID STEBBINS graduated from Amherst College with a B.A. in biology and earned his doctorate from Tufts University School of Dental Medicine. He completed his residency at North Shore University Hospital in Manhasset, NY and has been practicing in Norwalk since 1986. His cosmetic and family practice employs state-of-the-art equipment and technology such as digital x-rays, infrared caries detection, and soft tissue laser to provide all ages of patients with superior clinical care in a comfortable and pain-free environment.

Dr. Stebbins uses CAD/CAM technology to design and fabricate high-quality crowns in a single visit. In light of patients' demand for cosmetic improvements, Dr. Stebbins provides teeth whitening and minor tooth movement utilizing Invisalign clear plastic removable braces. To educate patients on oral health and assist them in planning their treatment, he and his staff use iPads which synch with the office X-ray program to provide patients with close up views of their X-rays and intra-oral photos as well as educational videos.

Dental School Tufts University School of Dental Medicine Organizations American Dental Association, Academy of General Dentistry, Connecticut State Dental Association (CE Council Board Member), Greater Norwalk Dental Society, Fairfield County Implant Study Club

DAVID R. STEBBINS, D.M.D.

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JEFFREY A. TAMUCCI, D.D.S.

DR. JEFFREY TAMUCCI graduated from Georgetown University School of Dentistry. Born in Port Chester, NY, he observed his father, architect and general contractor, transform ordinary homes into exceptional ones. These experiences, as well as training from a gifted industrial arts teacher, helped him develop visualization tools he applies to dentistry. Using a facially driven smile design protocol, he notes that "restorative transformations can help change people's perception of themselves and their lives."

Dr. Tamucci utilizes a team approach when it comes to patients' restorative needs. With an initial comprehensive treatment plan, Dr. Tamucci can sequence services, make necessary referrals, and preview smile revisions using models, photos, or video simulations. Patients can "test drive" their new smile before changes are made and final restorations are completed. He embraces technology, including the latest diagnoses of sleep apnea causes and treatments. He always strives to be on the cutting edge, and continues to hone his skills through continuing education. "It is a great time to be a dentist today," he says.

Dental School Georgetown University School of Dentistry Organizations American Dental Association, Connecticut State Dental Association, Greater Norwalk Dental Society, International Team of Implantology, Spear Study Group, Fairfield County Dental Club, Invisalign® Study Club, **CEREC®** Doctors

JEFFREY A. TAMUCCI, D.D.S.

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MICHAEL J. WILLIAMS, D.M.D.

DR. MICHAEL WILLIAMS focuses on family dentistry. He has a degree in biochemistry from Trinity College and his doctorate from UConn School of Dental Medicine, a national industry leader. His residency was at Wright Patterson Air Force base, which admits the top 10% of a class. "It was one of the most comprehensive educations I could ask for," he says, while noting he furthered his advanced training at Hanscomb Air Force base before opening his practice in Simsbury.

His philosophy is that "Everyone is different due to physical or financial considerations. I pride myself on sound practices while staying current technologically, utilizing lasers. I am not interested in selling a patient something they don't need. I'm part of my community and am true to those I serve."

Dr. Williams is a staff consultant to a preschool and goes into several others educating young brushers. He coached for local soccer and baseball leagues and has given his time to Connecticut Mission of Mercy serving the underinsured.

Dental School University of Connecticut School of Dental Medicine Organizations American Dental Association, Academy of General Dentistry, Connecticut State Dental Association, Hartford Dental Society, Simsbury Chamber of Commerce

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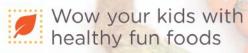
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Old Mill, New Mill

Grilled panini with candied bacon, grilled pear, brie and arugula on a Zest Bakery ciabatta. PHOTOS BY MARA LAVITT

BISTRO-STYLE VELVET VINE IN STONINGTON KEEPS IT LOCAL WITH TASTY 'SANDIES' & MORE

BY MICHAEL LEE-MURPHY

All over New England, and in many communities in Connecticut, formerly industrial cities have struggled with what to do with their now-empty factories and mills. After deindustrialization, many New England communities have been left with sprawling,



The Velvet Vine Stonington

hulking structures with no jobs to fill them. Soon, our suburbs may face a similar conundrum, as shifts in the retail economy have shuttered stores in the great shopping malls that dot our landscape. Is there a more community-oriented way to fill these spaces? A recent visit to the Velvet Vine in Stonington, which opened in December in the Velvet Mill, a restored former velvet factory, may provide an answer.

The Velvet Vine is one of the many businesses that populate the old mill, businesses that complement and strengthen one another. A recent visit reveals a menu that is simple, comforting and artfully done. Co-owner Michelle Isted says her initial idea was for something like a high-end deli to fill the space for takeaway sandwiches. Much of that vision remains on the menu, with high-concept offerings such as a candied bacon and brie panini, with grilled pear and arugula. Another standout sandwich was the classic roast beef, with a wonderfully creamy havarti cheese and

horseradish. Many of the condiments — such as the hummus, mayo, mustard and pesto — are made in-house.

In its food and its ethos, the Velvet Vine is quite thoroughly (and literally) embedded in its community. The mill is like an alternate-universe mall, where all the stores are owned and run by locals. No corporate food courts, no stale perfumed air, no holiday sales gauntlets to run. You want locally sourced food? Are you concerned about how many "food miles" go into your food? At the Velvet Vine, the distance your food has to travel to get to your plate is measured in feet, not miles. Bruschetta and brioche (more about the latter in a minute) comes from Zest Bakery, also located at the mill. Cheese comes from Cheeseboro Whey, and several beers come from Beer'd Brewing — all just steps away within the same building.

In the winter months, the Stonington farmers market is open for business in the mill on Saturdays from 10 a.m. to 1 p.m., right outside the Velvet Vine's space. Metal workers and photographers, bakers and psychotherapists: there are roughly 100 different tenants in the mill, according to building manager Eric Pivco. The building was the site of the American Velvet Co. from 1892 to 1996. At its peak in the 1950s, the factory employed some 450 people. Now it's a factory for other things, bringing a variety of people together for creative endeavors. "I tell all the customers that are new: 'Be adventurous. Go down that hallway, look around the corner, because there are just businesses everywhere," Isted says.



Clockwise from above: Burger sliders — three two-ounce burgers on a brioche bun with mayo, arugula, quail egg, tomato and pickle; the Velvet Vine interior; chef Philip Morgan and owner Michelle Isted; meat and cheese plate.

While the restaurant's decor is of the industrial-chic variety one might associate with higher prices, the offerings at the Velvet Vine are decidedly affordable. Isted defines it as "bistro-style," and the term is apt. The food is beautifully plated, with high-quality ingredients, but is relatively simple and moderately priced. A perfect example of the philosophy is the bruschetta with burrata and kale. Rich burrata mixes wonderfully with the kale, which chef Philip Morgan has shredded into a sautéed spread with garlic. The plates are perfect for sharing, and my dining party thought the burrata bruschetta captured the spirit of the Velvet Vine best: unfussy, simple and delicious.

It seems like every restaurant is putting eggs on their burgers, to differing results. The Velvet Vine does a nice variation, with quail eggs on each of the three small sliders. Why don't we see that more often? "It's kind of a specialty niche there, putting those on. Cracking those little eggs over a grill is not something that a lot of people like to do," says Morgan.

Speaking of eggs, the Vine serves brunch on the weekends, with such offerings as huevos rancheros with black bean-and-corn salsa, challah French toast with a bourbon maple glaze, and a bagel and lox.

The nachos are big and wild, with all the regular toppings. Not particularly

groundbreaking or unique, but satisfying all the same. Things progressed along roughly the same terrain — simple and tasty enough — until dessert. The s'mores sandy really deserves its own review, its own magazine, its own restaurant. Nutella, crumbled graham crackers and marshmallow, pressed panini-style between two slices of brioche from Zest Bakery — be sure to save room for this one.

Morgan has been cooking professionally for some eight years, and comes to the Velvet Vine from Latitude 41 in Mystic, where he had been for just over two years. The story of how Morgan came to be the chef at Velvet Vine is borne of the sense of community at the mill, too. His girlfriend owns a photography studio in the mill, so the connection with Isted was easy to make.

In addition to the regular menu, the Velvet Vine also puts together a monthly wine-tasting dinner. For a \$30 prix fixe, diners have five wines to taste, along with five different courses off a special menu that changes every month, created by Morgan. (Check Velvet Vine's website for dates.)

The drinks portion of the menu, in general, is a strong suit. "We wanted to have a well-rounded wine list that is ... affordable," Isted says. Thirty wines are available by the glass, including some varieties from Jonathan Edwards Winery in North Stonington. The beer list is a who's who of shoreline beer: Pawcatuck's Cottrell, Westerly's Grey Sail, Branford's Stony Creek, Groton's Outer Light, and New London's Safe Harbor all make themselves known. Again, community is an important factor here.

The Velvet Vine

22 Bayview Ave. #14, Stonington

860-415-8446. thevelvetvinect.com

Price range: Salads \$8-\$13; sandwiches \$8-\$12 (roast beef \$11); paninis \$10-\$15 (candied bacon and brie \$13); Small plates \$8-\$16 (nachos \$8, kale and burrata bruschetta \$11, burger sliders \$13); desserts \$5-\$10 (s'mores sandy \$10)

Hours: Wed.-Fri. 11 a.m.-9 p.m., Sat. 10 a.m.-9 p.m., Sun. 10 a.m.-7 p.m. Brunch served weekends 10 a.m.-2 p.m. Closed Mon. & Tues.

Wheelchair accessible

AMBIANCE Bright and airy, with a patchwork of industrial design. The Velvet Vine somehow manages to be both minimalist-chic and homey. Tall ceilings and openings into the mill's large communal central area create a space that is both intimate and expansive.

SERVICE Tremendously friendly. Our server suffered immense questioning about the menu with grace.

FOOD Affordable and satisfying, if fairly standard.



BY MARYELLEN FILLO

For too many in this day and age, a cup of tea has morphed into a harried experience involving a Styrofoam cup, flimsy tea bag, a drive-through window and uptight slurps during a traffic jam. If one even drinks tea ...

But thank heaven for the art of a good cup of tea and, more importantly, a place to truly savor the signature aroma, the distinctive taste and the few

minutes of solace and rejuvenation historically associated with tea. All that is alive and well at a riverside tea house in Unionville.

Culteavo Tea Shop is located in the Village Artisans Gallery complex, a renovated factory building on Mill Street along the Farmington River. The brainchild of Viviana Pinhasi and her husband

Claudio Schutz, the shop not only offers a respite and a proper cup of tea and more, but also the treasured chance to simply "take a moment."

"Tea historically was brewed and served to provide a moment of pause," says Pinhasi, a "healthy lifestyle" advocate and yoga instructor. "Too

often we think we don't have the time to stop for a few minutes, but when we do, it can be fortifying."

A tea sommelier, Pinhasi knows firsthand all there is to know about the simple tea leaf, including its therapeutic values. She grew up in Argentina, where 5 p.m. tea time was always part of the day.

"Oh, yes, I know all about the way to serve tea, brew it, identify it, present it and enjoy it," says Pinhasi, who is also a Spanish instructor at Tunxis Community College. "And our baked goods and sandwiches and specialty drinks, they too are meant to provide healthy alternatives served in an atmosphere that offers food for the body and sustenance for the soul."

Walk in and the first thing you notice is the wall of 100 gleaming tea tins filled with an array of green, oolong, white and black tea choices from Japan, Germany, Tibet, South Africa, China and beyond. There is a sweet, simple tea room inside, and outside a pretty patio with a peek at the river nearby.

"Most people just throw a teabag in hot water and drink it," explains manager Iain Magown. "Our goal is to educate, as well," he says, explaining that different teas require different brewing times and that never, ever, do you just let a tea bag sit in hot water while you drink it.

Greeting the morning crowd are tea pots, timers, tea balls, natural sugars, proper tea cups, along with a display case stocked with freshly made scones served with crystal sugar-infused butter, Frenchinspired macarons, and fruit shortbreads. Another unique item are alfajores, or Alfies, Argentine-style crumbly cookies filled with caramelized dulce de leche. For lunch, salads include the chakra

Taco Time

EL CAMION, THE FOOD TRUCK-TURNED-RESTAURANT IN WOODBURY, CONTINUES TO DELIVER BIG FLAVOR

BY ERIK OFGANG

A few years ago Haig Leonard had a vision. A vision of tacos.

It happened while he was working at Good News Cafe in Woodbury.
"I remember looking out the window across the street and there's a little park, right near a central area in town with benches and a nice shaded area," he recalls. "The first thing that popped into my head was, 'Wouldn't it be great to have a taco truck there."

Many of us daydream about opening a food truck or restaurant, but we tend to edit out the backbreaking work and long hours it entails. Leonard was different. He and his wife, Lija, and their young children

had recently left New York City to move back to Connecticut, where Leonard is from. In the city, Leonard had worked in several restaurants and knew what the business was all about. In 2011, not long after he had the initial idea, he opened El Camion, a taco truck with a homebase at the spot he had seen from Good News Cafe. He served a limited variety of tacos and some other select menu items and soon garnered a following.

In November 2015 he opened a brickand-mortar restaurant down the road from this spot. The restaurant maintains the laid-back spirit of the food truck with a cantina, order-at-the-counter vibe, a mix of indoor and outdoor seating and bottled beer — selections include Mexican beer mainstay Tecate and Sierra Nevada. The truck remains available for private parties and events.

The menu has expanded since Leonard opened the restaurant, but its stars remain the tacos (\$3.25 each). The fish taco is the most popular item. "We use swai, which is in the catfish family," Leonard says.



PHOTOS COURTESY OF EL CAMION

"It's a mild, flaky fish. It's not a domestic catfish that gets that really earthy flavor. This has got a real sweetness to it."

The fish is marinated in coconut milk and lime, breaded in cornmeal, and served in a soft-shell taco stuffed with mango salsa, shaved cabbage and sour cream. Another popular item is the pork taco. Leonard's take on the al pastor taco (thinly

Caesar with raw almonds and almond mustard dressing, and the Teabbouleh featuring quinoa, cherry tomatoes, fresh herbs and a soy-lemon-tea dressing.

Many of the menu choices are carbsensitive, and vegan and/or gluten-free, such as the chickpea salad sandwich. For those with less-restrictive diets, there is the Culteavo signature turkey sandwich featuring sliced turkey breast, provolone, balsamic glaze and red pepper spread on fresh, multigrain bread. Most of the menu items, including chocolates, incorporate tea into the recipes.

The shop takes call-in orders and sells loose teas and accessories, too.

"Tea is more than a beverage," says Pinhasi. "We make food from wholesome ingredients that you can pronounce and identify. Fresh, clean and nutritious snacks that make us different from a typical cafe."

Drinks range from \$3 to \$7.50, with salads starting at \$8 and sandwiches at \$7.50. Pastries range from \$2.50 to \$6.

Also offered is a \$35 sampler menu for two with soup, veggie platter, side dishes and dessert, and a \$35 afternoon tea for two with scones, tea sandwiches, dessert and, of course, tea, to either be enjoyed in the shop's indoor lounge, on the outdoor patio or "to go."

The tea menu itself is diverse and tasty, designed to fit any "tea mood." Again with an eye to feeding the body and the soul, specialty drinks such as the Enchanted Dream, with loose white tea infused with rose petals, fresh lemon and house-made

strawberry hibiscus syrup, is hard to resist. The Fresh Marrakesh is a delightful concoction of Moroccan mint green tea with fresh mint leaves from the outside garden, house-made ginger syrup, served in a glass rimmed with mint sugar crystals. The Blue Magic features a blue pea flower elixir with relaxing vervain and lavender, sweetened with house-made lemon syrup. There are also Smoo-Teas, nutrient-rich smoothie-teas designed for pre- and postworkouts, as well as classic choices such as the cream Earl Grey, the energizing yerba mate sweet orange, and the refreshing Long Island strawberry organic.

The place has become popular for bridal and baby showers, as well as tastings and special events. While a few coffee drinks are served, tea, and its calming effects, reigns.

"I love when people come in thinking they are going to grab a to-go cup of tea and leave," Pinhasi says. "Then they look outside and change their mind and sit instead, even if just for a few minutes.

"Culteavo means cultivate and that is what happens to tea leaves, they are cultivated in the field and dried and used in so many ways," Pinhasi says. "But we want to cultivate the experience of enjoying our teas and specialty drinks and menu."

Culteavo Tea Shop

29 Mill St., Unionville 860-470-5121, culteavo.com Hours: Tue.-Fri. 9 a.m.-7 p.m., Sat. 10 a.m.-7 p.m., Sun. 10 a.m.-5 p.m. Closed Mon. Wheelchair accessible

cut slices of skewer-grilled pork with pieces of pineapple or pineapple flavorings) has slow-cooked pulled pork with pineapple salsa, pickled onions, shaved cabbage and sour cream.

Other featured taco ingredients include chicken, steak and sweet potato. Quesadillas (\$3-\$4), burritos (\$8.50), rice bowls (\$8.50) and chips and salsa (\$4.50) round out the menu.

During a recent visit we were impressed with the tacos. The varieties tasted were less spicy than you'll find at some Mexican restaurants, but had airy, clean flavors. The purple shaved cabbage found on all the tacos is a wonderful ingredient that gives each visual flair and provides a crunch of bright salad freshness.

This is what Leonard prides himself on. He says too many fast-casual meals may taste all right while you're eating, but you regret the way you feel afterward. That doesn't happen at El Camion unless you eat way too much.

"If you eat two tacos here, you're not going to leave feeling weighed down; it's



fresh, light, bright flavors," he says. And that's a taco vision worth daydreaming about.

El Camion

308 Sherman Hill Road, Woodbury 203-405-3008, el-camion.com Hours: Tue., Wed. & Sun. 11:30 a.m.-3 p.m.. Thu.-Sat. 11:30 a.m.-7 p.m. Closed Mon. Wheelchair accessible

Salute **American** Vodka BRANFORD

The problem with some products that donate to charity is that the



term "a portion of proceeds" can mean anything from a significant donation to pennies, says Mike Lutz, operations manager of Salute American Vodka. That's why with his company's vodka, \$1 is donated to veterans

organizations for every bottle purchased. "That's built right into our cost and our business model," Lutz says.



The patriotic vodka brand was started in Chicago, but acquired in 2016 by Handcrafted Brands of Branford, a state distributor. The vodka is bottled and distilled in Rochester, New York, using the Salute American Vodka recipe. Lutz says the company would like to move production to Connecticut in the future.

In the meantime, the brand is poised for success. Its launch party in April in Wallingford was co-hosted by retired Lt. Gen. Raymond Palumbo and former Super Bowl champion Tony Siragusa. Currently available in Connecticut, Boston, St. Louis and upstate New York, Lutz says the vodka will ultimately be released nationally.

In addition to its charitable donations and savvy marketing, the spirit is turning heads with what to some consumers will be the most important factor — its flavor. The corn-based vodka, which is distilled four times, was awarded a platinum medal from The Sip Awards and has earned high marks at other spirits competitions. "It's got a sweeter taste profile because of the corn composition," Lutz says.

Indeed, samples tasted for this story had subtle upfront cornsweetness, but finished smooth, with less burn than many vodkas.

saluteamerican.com ERIK OFGANG

Meals on the Move

CONNECTICUT LOCATIONS WHERE DINING MEETS TRAVEL ADVENTURE

BY MARYELLEN FILLO

Dining out is a treat, for sure. But let's ratchet it up a bit, shall we? Something beyond simply tables and chairs and a room. How about candlelight dining while luxuriously cruising along a waterway or perhaps relishing something special while riding the rails on a vintage train? Or what about lingering over your meal at an airport, hobnobbing with the jet-set scene as you have a front-row seat to their comings and goings? As Connecticut savors the summer season, we take a look how you can take yourself "out" to eat and savor both the journey and the food.



The Flying Monkey

TRAINS THE CHOCOLATE DECADENCE SUNSET TOUR

Railroad Museum of New England at Thomaston Railroad Station

Thanks to the Railroad Museum of New England, Fascia's Chocolates of Waterbury and Litchfield's Haight-Brown Vineyard, you not only get one sweet sunset ride on a vintage passenger train, you can enjoy it while sipping reds and whites, snacking on boutique chocolates, and getting an earful of railroad history thrown in for good measure.

That's the deal on this culinary combination sponsored by the Railroad Museum of New England, which offers the ride and tastings from the historic Thomaston Railroad Station.

This out-of-the-ordinary evening starts with a light buffet and live music and a meander around the museum at the historic 1881 Thomaston Train Station. Plan to sip the first of several wines from Haight-Brown Vineyard as you wait to board for the 3½-hour experience.

"I think we are one of the bestkept secrets in Connecticut," says board member Howard Pincus, who, with a host of other volunteer train aficionados, man the train for events such as the chocolate and wine trip. "We had relationships with vineyards for a few years, then Fascia approached us about doing something with them at its new location along the tracks in Waterbury and we put it all together and everyone is extremely happy about it."

Who wouldn't be? Whet your whistle with some vino upon boarding and then it's off to the scenic Thomaston Dam for a heck of a view and a bit of bubbly to toast the night. As you pleasantly rumble toward Fascia's, enjoy a few more wine tastings with paired chocolates. Once at Fascia's, travelers are invited to take a tour of the chocolate-making heaven, make their own custom chocolate bar, enjoy coffee and a lava cake dessert and then it's back on board for the ride home.

"It's become very popular," says Pincus, noting that people are amazed at the beauty, intricacy, mechanics and history of the vintage train cars that take center stage as part of the ride. And the wine and chocolate? It just makes it all that much better.

242 E. Main St., Thomaston Meet at the station at 6 p.m., all aboard at 6:30, return at 9:15-9:30. Price: \$75 a person 860-283-7245, rmne.org

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HOWARD PINCUS, RMNE

PLANES THE FLYING MONKEY GRILL & BAR

Hartford

The next best thing to flying away? Watching people who are. Admit it. Isn't there a bit of a thrill as you watch a plane get ready to take off or make its landing? Where are people coming from or where are they going? What would it be like to have your own plane at your beck and call? Live vicariously at Hartford's Brainard Airport and The Flying Monkey where you can sip, sup and make believe you too are getting ready to get away from it all.

Owned by Junior Baez, The Flying Monkey is located as close to Brainard's busy tarmac as physically possible.

"I wanted to finally own my own restaurant," says Baez, whose culinary track record includes work at Carmen Anthony's, Hawthorne Inn and Ruth's Chris Steakhouse. "When my father and I saw this space available, we decided it

was the place and we renovated it and put together a vision, and here we are."

The vision is a slightly whimsical one given Baez's affection for flying and wild animals. "Actually I thought we would use a lion as part of the name and the logo, but it ended up being a monkey," he says. "A friend had the idea for the logo, and I liked it, so we went with it," he says, referring to the quirky, leather aviator-capped monkey that graces the menus and restaurant sign.

Lunch, dinner and Saturday and Sunday brunch are served in the dining room, where window seats make you feel like you can touch the planes coming in and out. Generous bar seating is also available, as well as patio seating, where you get the added bonus of hearing and watching the take-off and landing maneuvers from the small aircraft that regularly use one of the state's busiest

small airports. Don't forget to look for the stuffed monkeys in the patio trees!

Head chef Felicia DeJesus and sous chef Zachary Hooker make it worth dining whether planes are in or not, with treats such as pineapple shrimp kabobs, veggie wraps, the No-Monkeying Around casserole and Passengers Choice pork chops. Lunch salads and entrées start at \$7, with dinner entrées starting at \$12. There is also a children's menu.

Happy hour features reduced-price beer, wine and airport-themed specialty drinks such as the Non-Stop Cosmo and the Cancellation Margarita, as well as assorted appetizers that range from \$3 to \$6.

20 Lindbergh Drive, Hartford Hours: Mon.-Thu. 11 a.m.-10 p.m., Fri. & Sat. 11 a.m.- 11 p.m., Sun. 10 a.m.-9 p.m. 860-726-4971, theflyingmonkeygrill.com

BOATS LADY KATHARINE CRUISES

Old Saybrook

Ahhhh, it's true! Food does taste better on the water, and Kevin Dodd, one of the new owners of Lady Katharine Cruises, knows it.

"Everything is better on the water," says Dodd, an investor in the cruise line that is now part of the Essex Valley Railroad.

"The chemistry was right," says Dodd, noting Essex Valley's stellar reputation for its dining-on-the-train events (see sidebar). "I love boats and rivers and oceans and we have a lot of plans for adding to the quality the cruise line already offers."

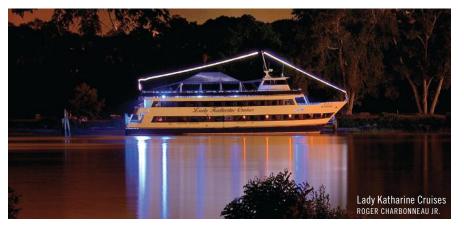
Boats depart from three different docks in Connecticut: Charter Oak Landing in Hartford, Harbor Park in Middletown and Eagle Landing State Park in Haddam.

And what you do when it comes to dining on the water is as wide and deep as the Connecticut River the boats cruise along during the spring, summer, fall and even winter seasons.

There are cruises with, for example, a lobster bake, jazz performances and a murder-mystery theme, all featuring dinner and bar service. Also offered: the Lazy River Luau, brunch cruises, fall foliage brunches, holiday cruises and New Year's Eve events, theater cruises in conjunction with the Goodspeed Opera House, theme cruises such as the September Saturday Night Fever ride and dinner, and culinary-themed cruises such as the Taste of Italiana. The cruise line is also available for weddings and private parties.

So come on board. The water, the food and the ambiance are just fine!

26 Channelside Drive, Old Saybrook 866-867-4837, ladykatecruises.com



Here are a few other plane, train and boat venues for dining in the state:

PLANES

Oxford 121 Restaurant and Bar is located at the Waterbury-Oxford Airport at 7 Juliano Drive in Oxford. Known for a menu heavy on organic and sustainable products, diners can often view jets taking off and landing at the nearby small-plane runway. By the way, if you need a little celebrity thrown in for dessert, this is the place where Katie Stevens was "coaxed" into singing on stage by musician Billy Bileca, eventually becoming a finalist on Season 9 of American Idol.

203-262-0121, 121atoxc.com

TRAINS

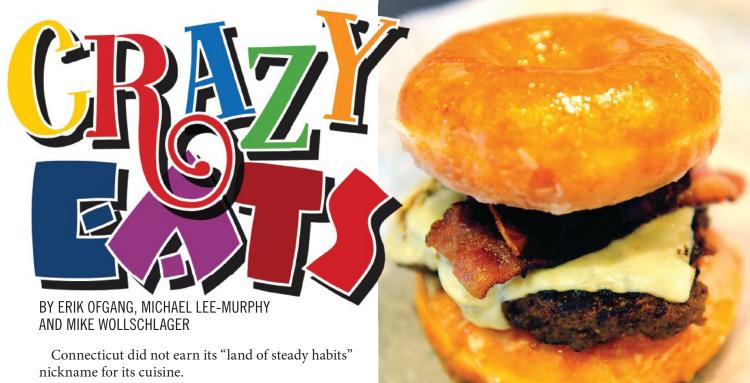
Feel the rhythm of the rails when you elegantly dine on the Essex Steam Train & Boat's Essex Clipper dinner train. Enjoy a four-course meal served in beautifully restored 1920s Pullman diner cars, pulled by a vintage diesel locomotive. Located at 1 Railroad Ave. in Essex, dinner is

served during a 2½-hour, scenic journey, reminiscent of the days when rail travel was king and "dinner in the diner" was a delicious special occasion.

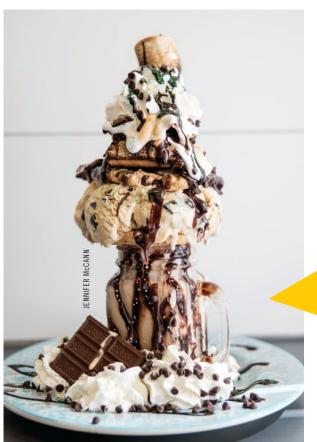
860-767-0103, 800-377-3987,
essexsteamtrain.com

BOATS

Pack your own picnic basket and BYOB and get onboard the RiverQuest cruises at Eagle Landing State Park in Haddam. Captain Mark offers a variety of cruises on his two boats that take you out and about the lower Connecticut River, an area the Nature Conservancy considers to be "One of the Last Great Places on Earth." Cost is \$30 a person and no one under 12 is allowed on board. Chairs and tables are provided, so sit back and relax. The sunset cruises are the most popular, and reservations are recommended. You can find more information on the selection of cruises and book tickets online. 860-662-0577, ctriverexpeditions.org



The birthplace of the hamburger, the hot lobster roll and clam pizza, the Nutmeg State has long been adventurous when it comes to its cuisine. In this feature we look at unique dishes on Connecticut's culinary frontier. From unusual ingredients (crocodile and invasive sea creatures) to bizarre flavor combinations (doughnut burgers, anyone?), the instantly Instagram-able dishes in this story have in common only their uncommonness. We can't say these unusual creations will appeal to all tastes, but we can say each was one we'll never forget.



VALLEY BURGER

THE VALLEY EATERY. ANSONIA

Decadent to the Nth degree, a burger patty is seasoned, then topped with American cheese and bacon and popped between two Krispy Kreme doughnuts. The result is an over-the-top explosion of sweetness and saltiness. You can wash it all down with a Cake Shake, another unusual menu item offered at Valley Eatery featuring a slice of cake blended with milk and ice cream.

203-516-5588, facebook.com/thevalleyeatery

PEANUT BUTTER & JELLY WINGS

DEW DROP INN, DERBY

These are exactly as advertised: chicken wings slathered in peanut butter sauce, with jelly on the side. The wings themselves are large, and nice and tender; the peanut butter and jelly give them a breakfast-food flavor similar to chicken and waffles, but weirder. Other outlandish wing flavors offered at Dew Drop include nacho wings and cream cheese wings. For the timid, there are also standard wing varieties.

203-735-7757, facebook.com/dewdropinnct

GIMME S'MORE S'MORES SHAKE

CREAM AND SUGAR CAFE, BETHEL

Even Willy Wonka would have second thoughts about eating this towering monster of a shake. The epic milkshake comes loaded with hot fudge, marshmallow fluff (which is toasted along with other marshmallows) and s'mores nestled on top of an ice cream sandwich. It's one of several over-the-top shakes offered at Cream and Sugar Cafe, which also has party bowls — sundaes for large groups featuring up to 100 scoops of ice cream

203-628-7349, creamandsugarcafe.com



PIZZA DOUGHNUT

WEST END BISTRO, WEST HAVEN

Chef and owner Jeff Lamberti was inspired by a dream to create this wild food mash-up. The dish is made with focaccia dough that is stuffed with mozzarella, fontinella and Parmesan cheese and then deep fried. The round hunk of dough is then dipped in tomato sauce sprinkled with your choice of vegetarian or cured-meat toppings, placed in the oven and served warm. 203-691-9223, westendbistro.net

SUICIDE BURRITO

IGUANAS RANAS, MIDDLETOWN

If there's one unifying feature of our selection of "crazy" eats, it's that eating them is supposed to be a visceral, intense experience. We are not looking for bland food here. The Suicide Burrito at Iguanas Ranas in Middletown hits all these notes. A chicken or cheese chile relleno, topped with an assortment of the spiciest stuff Iguanas Ranas has to offer: chipotle mayo plus habanero, verde and arbol sauces. The menu warns in bright-red letters how spicy the item is. Prepare yourself.

860-346-8630, iguanasranastaqueriact.com

TWO-FOOT **WORKS DOG**

DOOGIES, NEWINGTON

At 24 inches long and smothered in cheese sauce, chili, peppers and onions, this is a hot dog that requires strategy — both before and during consumption. One or both of your other meals during the day should be skipped. Do not order this on a first date. A fork or spoon will be needed at some point, as will seven or eight napkins. Pace yourself, finish strong, and exit Doogies with your head held high.

860-666-3647, doogieshotdogs.com

NUTELLA AND CREAM CHEESE **EMPANADA**

VALENCIA LUNCHERIA, NORWALK

This unorthodox melding brings together delectable tastes that one might not willingly choose to put in one dish. Down at Valencia Luncheria in Norwalk, the geniuses there have decided to combine these two beloveds. The chocolatey hazelnut spread Nutella pairs well with cream cheese in the warm pocket of an empanada. The result is pure carbochocolate-creamy indulgence.

203-846-8009, valencialuncheria.com



FLAVORED CANNOLI

RUSSO'S ITALIAN BAKERY, **ENFIFLD**

Giovanni and Rosanna Russo may be the owners, but daughter Tina Russo-Pudlo is the Cannoli Queen. She dips, fills and tops countless varieties of cannoli, from strawberry shortcake and tiramisu to cookie dough and Snickers. Fruity Pebbles was the new item during our visit and Cinnamon Toast Crunch was on the horizon. Every one that we sampled (and then had to finish) was fit for royalty. And while her next creation may come from a customer's suggestion, the crown belongs to her.

860-741-7844, russosbakeryct.com

TARRY LODGE, NEW HAVEN AND WESTPORT

Mario Batali has been working his culinary magic on television for two decades. With his Tarry Lodge restaurants, he brought that magic to Connecticut (Westport in 2011, New Haven in 2014). His guanciale pizza combines thinsliced cured pork jowl, its namesake, with mozzarella, sunny-side-up egg, and black truffles. Not a fan of the "put-an-egg-on-everything" movement? Never fear. You'll still find yourself dipping the crust in the yolk. Like we said, magic. Bonus tip: Try the blackberry soda. Absolutely phenomenal.

203-672-0765 and 203-571-1038, tarrylodge.com



ALLIGATOR TENDERS

THE LANDING ZONE GRILL, HARWINTON

Open wide for this dish with roots in the Cajun traditions of the Deep (and swampy) American South. Using alligator meat from Florida, the tenders look like fried fish or chicken, but taste like a cross between calamari and veal. Because alligators are muscular animals, their meat is largely free of fat and might be a bit too chewy for some. At Landing Zone, the alligator meat is tenderized into amphibious meat perfection.

860-485-2733

KANIBABA ROLL

MIYA'S SUSHI, NEW HAVEN

Miya's has been recognized as much or more than any other food establishment in Connecticut. The Food Network, *The New York Times*, even the White House have all chimed in with support and amazement. Chef Bun Lai's ingenious sushi creations are built out of sustainable seafood-cultivation practices in Long Island Sound, and the Kanibaba roll is a prime example. Potato skin, invasive blue catfish, and the invasive Asian shore crab combine to make a taste that is odd, but deeply interesting and satisfying. Want to get smarter while you eat? Go to Miya's. Occasional sake bombs are a bonus.

'BERNICE ORIGINAL' CHEESEBURGER

SHADY GLEN, MANCHESTER

One of the weirdest-looking burgers anywhere, the Bernice Original was invented back in 1949. The burger is made with four slices of American cheese that are draped down onto the grill, which melts and crisps them into what looks like a piece of modern sculpture art. The burger and bun are in the center of these cheese "sculptures," which must be eaten to be truly understood.

Original location: 860-649-4245; Manchester Parkade: 860-643-0511



LOL HOT LOBSTER ROLL

ABBOTT'S LOBSTER IN THE ROUGH, NOANK

The "crazy" thing about this sandwich isn't its ingredients, it's the sheer size of it. The "LOL" stands for "lots of lobster" and the serving size is nothing to laugh out loud about. One full pound of fresh lobster meat is warmed on a giant house-baked bun and drenched in butter. Good luck finishing this.

860-536-7719, abbottslobster.com



Chili Cheese Fries ORDER OF FRIES, NEW HAVEN

Order of Fries, a new spot on State Street in New Haven, is elevating the humble french fry above a simple side dish. Chef Peter Wroe — who has 16 years at a high-end European deli in Norwalk under his belt — brings the classic chili cheese fries to an art, with a chili that is immensely flavorful, loaded with beef and pork, but no beans, with hints

of cinnamon and brown sugar.
Topped with sharp cheddar, the taste is rich and deep, and will leave you with a craving for weeks afterward. Sour cream and an onion blend are other toppings.



The chili cheese fries are tremendous on their own, but really take off when paired with one of Wroe's 10 homemade sauces. The sauces take the fries to gourmet proportions, with varieties such as black truffle mayo and rosemary aioli. A small or large order of fries comes with a complimentary side of house-made cider vinegar slaw, with carrots, cabbages and herbs.

Wroe also features the Québécois classic poutine: fries, cheese curds and gravy, with garlic and herbs. 203-691-7654, facebook.com/orderoffries | MICHAEL LEE-MURPHY |

Craft Cruising

Craft Brew Races New Haven, Aug. 5 This 5k run followed by a beer festival returns to New Haven. The race starts at noon with the beer festival beginning a half-hour later at Edgewood Park. Participants can run the 5k then enjoy the festival, or skip the run and just have beer. Tickets to the 5k and beer festival are \$60 in advance; festival tickets by themselves are \$50 in advance. An additional \$5 is charged for tickets purchased the day of the event. craftbrewraces.com/new-haven

Movie Night at White Silo Farm & Winery, Sherman Aug. 5 This farm and winery will host a screening of *Bottle Shock*, a 2008 film starring Alan Rickman and Chris Pine about the early days of the California wine industry. The movie will be projected against the silo that gives the winery its name. Admission is free and there will also be free popcorn, as well as wine available for purchase. The film starts at 8 p.m. **860-355-0271**, whitesilowinery.com

Shoreline Wine Festival Guilford, Aug. 12-13

The 11th year of this festival promises to be a two-day, wine-drinking extravaganza. Hosted by Bishop's Orchards Guilford Farm Market & Winery, the festival will feature Connecticut wineries such as Jones Winery, Paradise Hills Vineyard, Sunset Meadows Vineyards and many others. There is also live music and food and craft vendors. shorelinewinefestival.com

Amy Helm at Jonathan Edwards Winery North Stonington, Aug. 13 Amy Helm, daughter of legendary drummer and singer for The Band, Levon Helm, has inherited great musical prowess from her father. You can see Helm and her band perform while enjoying Connecticut wine at this stunning vineyard. The show starts at 6:30 p.m. Tickets are \$40. **860-535-0202**, **jedwardswinery.com**

Shore to The Pour Beach Race Stratford,

Aug. 26 Two Roads Brewing Co. is hosting its fifth annual Shore to The Pour, a 3-mile beach race mostly on sand, that culminates with — you guessed it — a beer pouring and tasting. A portion of the proceeds from the event will be donated to Audubon Connecticut at Stratford Point. The race will kick off at 10:30 a.m. at Short Beach Park in Stratford. 203-335-2010, tworoadsbrewing.com

Erik Ofgang is the author of Buzzed: Beers, Booze, & Coffee Brews — Where to Enjoy the Best Craft Beverages in New England. Have a craft beverage event coming up next month? Email him at eofgang@connecticutmag.com.



BY MICHAEL LEE-MURPHY

There is something wonderfully freeing about working in a food truck. The job seems to appeal to a certain free spirit, that individual who can't quite fit into an office or even a kitchen in a restaurant. In a food truck, you are the king of your own domain. No bosses, no suit, just a view of whatever corner of the world you choose through a small window as waves of people come by to sample your wares. You listen to whatever music you choose, and approach the job whichever way you want.

The three New Haven 20-somethings who own and operate the Jitter Bus coffee truck in the Elm City — Dan Barletta, Paul Crosby and Andrew Mesiouris are not huge fans of bosses. Having met as teenagers in West Haven, all three have been fired from Starbucks at one time or another. "You're not cut out for this job," Barletta says they told him when they let

Well, joke's on them. Now Barletta makes a living with his friends, working for themselves and each other, selling coffee on their own terms. Crosby, who has SINK and SWIM tattooed on the knuckles on his respective hands and was fired from a Starbucks in West Haven, says this has been the idea for him from the start. "It's been my plan since I was in like fifth or sixth grade. It was a tattoo shop when I was young, but as I fell out of that, I grew into this," he says.

Aesthetically, the Jitter Bus looks like what the Addams Family would come up with if they quit television and became do-it-yourself punks and tattoo artists. The old school bus is painted black with white designs hand-painted on. The Jitter Bus' goth color scheme stands out amid the proliferation of brightly painted food trucks that populate our cities. Its oneyear anniversary party was held back in March at Keys on Kites Tattoo & Gallery in New Haven's Westville section, where they had a music show and raffled off a free tattoo.

The do-it-yourself attitude is not a hollow one. The guys in the Jitter Bus have built most of the mobile cafe's components. Water tanks, counter tops, shelves, bus mechanics, even the swivel tray that holds the iPad cash register: all were built and designed by the three owner-operators.

On a blisteringly hot June day at their usual spot at the corner of Hillhouse Avenue and Grove Street, the boys on the bus are serving up hundreds of coffees (\$2-\$2.50), cappuccinos (\$3.25-\$3.75), cortados (\$3.25), mochas (\$4.25-\$5),

espressos (\$2), chai (\$3.50-\$4) and the iced versions of all of them (\$3-\$5). Extra espresso shots can be added for 75 cents. and flavor shots of vanilla, hazelnut, caramel and coconut for 50 cents.

They get all their coffee from Connecticut, mostly from the Canton micro-operation Giv Coffee, and its excellent espresso blend Star Breather, sourced from Peru and Brazil with notes of dark chocolate, raisin and almond. Newington's Saccuzzo Coffee Co. also provides beans, while pastries come from New Haven's Whole G bakery and milk and cream from Connecticut-sourced Farmer's Cow.

Despite the heat, there is a steady stream of people coming up for their usual fix. "We're pretty much legal drug dealers," says Crosby. "We sell it on the corner and everything," Barletta adds after a laugh. The hundreds or even thousands of hole-punched loyalty cards oozing from every crack in the truck testify to the popularity of the truck and the regularity with which its patrons return. (While Hillhouse and Grove is their usual corner, the Jitter Bus is available for booking for events and festivals.)

A digital stroll through the Jitter Bus' social media (follow The Jitter Bus on Facebook and on Instagram @jitterbuscoffee) reveals engine troubles, brutal weather, and the occasional celebrated appearance of Nari, a friend's dog. The labor needed to make repairs on the bus, both Dan and Paul say, is the worst part about working for themselves. But still, they wouldn't have it any other way.

The Jitter Bus

Corner of Hillhouse Avenue and Grove Street. New Haven 203-781-6542, facebook.com/thejitterbus Hours: Mon.-Fri. 9 a.m.-5 p.m.



Jitter Bus co-owner Paul Crosby, left, in his "office" with a friend. PHOTOS BY MICHAEL LEE-MURPHY



A monthly look at some of what's new and exciting on the Connecticut dining scene

Rosso Vino, Branford Opened earlier this year, Rosso Vino boasts a location near the water in Short Beach and two heavy-hitters in the Connecticut restaurant industry as its owners: Joe Flores, who worked at Adriana's Restaurant in New Haven. and Paolo lannaccone, whose family owns Ristorante Luce in Hamden and Goodfellas in New Haven. The menu includes a wide range of Italian classics. 203-315-0005, rossovino.net

Pour Me, Danbury Equal parts coffee bar, wine bar, beer bar, and breakfast-lunch-and-dinner spot. Pour Me is a multifaceted and welcome addition to the downtown Danbury dining scene. The venue hosted a soft opening in early May. This occurred before its liquor permit was granted, but the drink options were not lacking, and included excellent coffee and kombucha. There was also a fresh-ingredient-based cuisine with myriad options, all served within a chic cafe setting. 203-743-6246, pourmect.com

Au Chalet, New Haven This new restaurant in the Elm City is all about being cheesy. It features a type of Swiss-inspired dining called raclette. For this style of food a half-wheel of cheese is heated till its boiling point, then poured onto other foods. Owned by Adil Chokairy, Au Chalet is next door to Chokairy's other New Haven restaurant, Crepes Choupette. 475-441-7998

Zohara Mediterranean Kitchen, West Hartford Zohara is owned by DORO Restaurant Group, whose portfolio also includes West Hartford's Treva and Avert Brasserie, and Manchester's Artisanal Burger Co. Zohara features cuisine that is based on the healthy Mediterranean diet, with its vegetables, grains, fish and lean meats. The wine list includes options from Israel, Greece, Lebanon and Morocco, and the menu features cuisine from those countries, as well. 860-955-0300, zoharact.com

Hunny Bunns Cafe & Bakery, Winsted Billed as a "cozy, comfy, edgy bakery and cafe," Hunny Bunns offers a variety of comfort food, baked goods, gourmet desserts and a full coffee bar. The baked goods include cupcakes and bread. Prior to opening Hunny Bunns, Wendy Scanlon, the cafe's owner, had operated a bakery at the Planted Feather Farm in Colebrook since 2002. 860-238-4343, hunnybunnsbakery.com

Know of a new Connecticut restaurant? Email Erik Ofgang at eofgang@connecticutmag.com.

Fairfield County

Amba Vilas Palace • Indian • EP Dedicated to creating the finest-quality products by using only the very best ingredients from around the world. • 54 Pembroke Road, Danbury, 203-746-6425 ambavilaspalace.com. Closed Mon. L D, \$\$

Aranci 67 • Italian • EP Excellent Sorrento-style Italian food made by the former chef at Le Fontane. Menu includes bestin-class pasta dishes. • 142 Old Ridgefield Road, Wilton, 203-587-1300 aranci67.com. Closed Sun. D, L (Mon.-Fri.), \$\$, WA

Archie Moore's Bar & Restaurant • American • EP Casual pub-style dining with burgers, nachos and salads. And don't miss the award-winning buffalo chicken wings. • 48 Sanford St., Fairfield, 203-256-9295 archiemoores.com. Open daily. L D LS, \$

Artisan • New England • EP A farm-to-table restaurant with New England-inspired seasonal cuisine. • 275 Old Post Road, Southport, 203-259-2800 artisansouthport.com. Open daily. L D SB, \$\$, WA

Bailey's Backyard • Farm to Table • EP A farm-totable restaurant in a polished, relaxed atmosphere. 23 Bailey Ave., Ridgefield, 203-431-0796 baileysbackyard.com. Closed Mon. L D SB, \$\$\$

Bar Sugo • Italian • EP RC This beloved Italian restaurant bills itself as the place where "modern Italian meets peasant food." That philosophy shines through in its delicious offerings. • 102 Wall St., Norwalk, 203-956-7134 barsugo.com. Open daily. D SB, \$\$, WA

Barcelona Restaurant & Wine Bar • Spanish Mediterranean • EP Hip restaurant serving Spanish and Mediterranean cuisine — including tapas, hot and cold. • 4180 Black Rock Toke., Fairfield, 203-255-0800; 222 Summer St., Stamford, 203-348-4800; 515 West Ave., Norwalk, 203-854-5600 barcelonawinebar.com. Open daily. L D LS SB, \$\$

bartaco • Mexican • EP Enjoy unique taco recipes and a wide variety of tequilas on the patio at this seaside bar. • 20 Wilton Road, Westport, 203-222-8226 bartaco.com. Open daily. L D, \$, E

Basso Cafe • Mediterranean Casual fine dining establishment offering Mediterranean Latin fusion cuisine in a cozy and chic atmosphere. Bar offers a full wine, beer and craft cocktail list. • 124 New Canaan Ave., Norwalk, 203-354-6566 www.bassobistrocafe.com. Closed Mon. L (Tues.-Sat.), D, \$\$\$

Bernard's • French • EP RC Consistently serving perfectly executed seasonal entrées in an elegant country setting. Wine Spectator Award of Excellence. • 20 West Lane, Ridgefield, 203-438-8282 bernardsridgefield.com. Closed Mon. L D SB. \$\$\$. E. WA

The Blind Rhino • American • EP Sports bar features a small but diverse and flavorful menu, plus a shuffleboard table and 27 big-screen TVs. • 15 N. Main St., Norwalk, 203-956-7243 theblindrhino.com. Open daily. L (Fri.-Sun.), D, SB, \$

Bloodroot • Vegetarian • EP RC Offers a seasonal menu that might include Vietnamese summer rolls, the Bloodroot burger and Mexican mole. • 85 Ferris St., Bridgeport, 203-576-9168 bloodroot.com. Closed Mon. L (Tues., Thurs.-Sat.) D SB, \$\$, WA

Bodega Taco Bar • Mexican • EP Offers up inventive, doingtheir-own-thing fare described as "Modern Mexican with an Urban Beach Vibe." • 1700 Post Road, Fairfield, 203-292-9590 bodegatacobar.com. Open daily. L, D, LS (Fri.-Sat.), SB, \$

Brasitas • Latin Fusion • EP Latin fusion cuisine coupled with tropical decor and authentic Latin American traditions and values. • 954 E. Main St., Stamford, 203-323-3176; 430 Main Ave., Norwalk, 203-354-7329 brasitas.com. Open daily. L D, \$\$\$

Brick + Wood • Pizza/Italian • EP This artisan pizza emporium offers some of the best Napolitano-style pizza in the state. • 1275 Post Road, Fairfield, 203-939-1400 lovelifeandpizza.com. Closed Mon. L, D, \$\$

Butcher's Best Country Market • Deli Meats are handselected, trimmed and cooked, prepared take-home or in your favorite sandwich to go. Traditional and special salads are also available. • 125 S. Main St., Newtown, 203-364-0013 butchersbestmarket.com. Closed Sun. L, \$

The Capital Grille • Steak • EP RC Located in the heart of downtown Stamford this classic-style steakhouse serves dry-aged porterhouse as well as creative seafood dishes like citrus-glazed salmon. • 230 Tresser Blvd., Stamford, 203-967-0000 thecapitalgrille.com. Open daily. L (Mon.-Fri.) D, \$\$\$, E, WA

Casa Villa • Mexican • EP Robust, authentic Mexican cuisine served in the relaxed atmosphere normally only found south of the Rio Grande. • 182 W. Main St., Stamford, 203-323-1721 casavillarestaurant.com. Open daily. L, D, LS (Fri.-Sat.), \$, WA

CONNECTICUT Magazine's restaurant listings are presented as a service to our readers. Information on specialties, prices, etc., was supplied by the restaurateurs. Space limitations in this guide prevent us from describing every restaurant in the state; omission is not intended to reflect upon the quality of an establishment. The listings include restaurants we know and love, and those recommended to us by our readers. Average entrée prices are based on dinner entrées: \$ — inexpensive (under \$15); \$\$ — moderate (\$15-\$25); \$\$\$ — expensive (over \$25). This guide is updated regularly, but it is suggested that prices and hours be verified by phone. B (Breakfast); L (Lunch); D (Dinner); LS (Late Supper); SB (Sunday Brunch); E (Live Entertainment); WA (Wheelchair Access); EP = 2017 Experts' Pick RC = 2017 Readers' Choice

Cask Republic • American • EP Serious chef-crafted American fare as well as creative interpretations of globally inspired dishes with an inviting and fun vibe. • 99 Washington St., #2, Norwalk, 203-354-0163; 191 Summer St., Stamford, 203-348-2275 caskrepublic.com. Open daily. L D, \$\$

Cesco's Trattoria • Italian Chef Aldo Chiamulera's new restaurant is a sophisticated riff on an Old World country villa. Wine Spectator Award of Excellence. • 25 Old Kings Hwy., Darien, 203-202-9985 cescostrattoria.com. Open daily. L D, \$\$\$, WA

Char • American • EP Contemporary American restaurant that has a menu that changes seasonally and sources local meats, produce and cheese whenever possible. • 2 South Water St., Greenwich, 203-900-1100 charct.com. Open daily. L (Mon.- Fri.) D, \$\$

Coalhouse Pizza • Pizza • EP Besides coal-fired pizza, the jazz-themed menu also includes wraps, burgers and plates, and an extensive draft selection. • 85 High Ridge Road, Stamford, 203-977-7700 coalhousepizza.com. Open daily. L D, \$\$, WA

Colony Grill • Pizza This Irish tavern's single menu offering is its one-of-a-kind, thin crust pizza served with a signature "hot oil" topping. • 172 Myrtle Ave., Stamford, 203-359-2184; 1520 Post Road, Fairfield, 203-259-1989; 515 West Ave., Norwalk, 203-866-5252 colonygrill.com. Open daily. L D LS, \$, WA

Coromandel Cuisine of India • Indian • EP Wide range of tasty Indian fare is served in a small, tastefully done space. • 25-11 Old Kings Hwy. N., Darien, 203-662-1213; 316 South Main St., Newtown, 203-426-7143; 68 Broad St., Stamford, 203-964-1010; 17 Pease Ave., Southport, 203-259-1213 coromandelcuisine.com. Open daily. L D SB, \$\$, WA

Crave • American • EP RC Dishes like eggplant stack, fish tacos, the Crave 52 Burger, meatball and lobster ravioli are served in an atmosphere that provides a seamless extension from elegant dining into a stylish, attractive bar setting. • 52 Sanford St., Fairfield, 203-292-8080 crave52.com. Open daily. L D SB, \$\$, E, WA

Da Pietro's Restaurant • Italian Chef Pietro Scotti prepares critically acclaimed cuisine. In particular, he's known for his homemade pasta, seafood, meats and game, as well as his signature sauces. • 36 Riverside Ave., Westport, 203-454-1213 dapietros.com. Closed Sun. L (Mon.- Fri.) D, \$\$

Elm • American • EP World-class chef Brian Lewis makes culinary magic here — with the freshest local, top-quality ingredients — in an elegant minimalist environment. And there's a great Sunday brunch. • 73 Elm St., New Canaan, 203-920-4994 elmrestaurant.com. Closed Mon. D SB, \$\$\$, WA

 $\textbf{F.I.S.H.} \bullet \textbf{\textit{Seafood}} \bullet \textbf{\textit{EP}} \text{ This mod-elegant restaurant features}$ a variety of excellently prepared seafood favorites and a special section of the menu that lets you choose your fish and how it's cooked. • 245 Bedford St., Stamford, 203-724-9300 fishstamford.com. Open daily. L (Mon.-Thurs.) D, \$\$\$, WA

The Fez · Moroccan · EP In addition to excellent Moroccan fare—with small plates (kabobs, falafel salad) and large (slow-braised lamb shank, swordfish tagine)—The Fez serves up equally as eclectic live music nightly. • 227 Summer St., Stamford, 203-324-3391 thefez1.com. Open daily. L (Mon.-Fri.) D LS, \$\$, E

Frank Pepe Pizzeria Napoletana • Pizza While worldfamous white clam pizza is the standout, just about any pie here is worth the wait. . 238 Commerce Drive. Fairfield, 203-333-7373; 59 Federal Road, Danbury, 203-790-7373 pepespizzeria.com. Open daily. L D, \$, WA

Gabriele's Italian Steakhouse • Italian Gabriele's is large and luxe, and so are the steaks, which include filet mignon served on the bone, Wagyu and bone-in porterhouse. • 35 Church St., Greenwich, 203-622-4223 gabrielesofgreenwich.com. Open daily. D, \$\$\$

Geronimo Tequila Bar & Southwest Grill . Southwestern Fusion • EP Mix of traditional Native American, Mexican, Spanish and Anglo-American fare, with bold flavors and authentic ingredients. • 2070 Post Road, Fairfield, 203-955-1643 geronimobarandgrill.com. Open daily. L D LS, \$\$

The Hideaway • Pub • EP Seafood apps, Southwestern specialties and a bar with an extensive beer selection and late-night pub menu, plus trivia on Wednesdays and live music every weekend. • 30 Grove St., Ridgefield, 203-438-7676 thehideawayridgefield.com. Open daily. L D LS, \$, E

Homestead Inn — Thomas Henkelmann • French Upscale French restaurant features impeccable service, comfortable surroundings, an extensive wine list and creative French food. • 420 Field Point Road. Greenwich. 203-869-7500 homesteadinn.com/thomas-henkelmann. Closed Sun.-Mon. L (Tues.-Fri.). D. \$\$\$

Hoodoo Brown BBQ • American • EP RC This laid-back barbecue bar and restaurant features a delicious blend of Texas, Kansas City, Carolina and other styles that will leave you craving more. • 967 Ethan Allen Hwy., Ridgefield, 203-438-6033 hoodoobrownbbq.com. Closed Mon. D, \$\$, WA

Ibiza Tapas Danbury • Tapas • EP Surround yourself with the sights, sounds, flavors and scents of Spain, with both hot and cold as well as traditional and modern tapas. • 93 Mill Plain Road, Danbury, 203-616-5731 ibiza-tapas.com. Closed Mon. D, LS (Fri.-Sat.), \$, WA

Ichiro • Sushi • EP Ichiro offers a combination of Asian fusion, sushi and hibachi entrees. Enjoy the full-service bar and the shows put on by the hibachi chef. • 69 Newtown Road, Danbury, 203-792-8881 ichirodanbury.com. Open daily. D, LS (Fri.-Sat.), \$\$

Joseph's Steakhouse • American • EP Known for a New York-style steakhouse experience with gems such as prime dry-aged beef. • 360 Fairfield Ave., Bridgeport, 203-337-9944 josephssteakhouse.com. Open daily. L (Mon.-Fri.) D, \$\$\$, WA

Kawa Ni · Asian · EP A creative interpretation of pan-Asian cuisine and culture, styled after a Japanese pub and using locally grown ingredients. • 19A Bridge Square, Westport, 203-557-8775 kawaniwestport.com. Closed Mon. L (Tues.-Sat.) D LS (Tues.-Sat.), \$\$\$

Kotobuki Japanese Cuisine • Sushi • EP Rated "one of the best sushi restaurants" by Zagat for the past two decades, Kotobuki offers high-quality, classically prepared and authentic Japanese food. • 457 Summer St., Stamford, 203-359-4747 kotobukijapaneserestaurant.com. Closed Mon. L (Tues.Fri.) D, \$\$

l'escale • French • EP A stylish, romantic dining room overlooking Greenwich Harbor that serves superb Provençal cuisine. • 500 Steamboat Road, Delamar Greenwich Harbor, Greenwich, 203-661-4600 lescalerestaurant.com. Open daily. B L D LS SB, \$\$, WA

Liana's Trattoria • Italian • EP Traditional Italian cuisine served in the atmosphere of an authentic Italian bistro. • 591 Tunxis Hill Road, Fairfield, 203-368-1235. Closed Sun.-Mon. D, \$\$\$, WA

Little Barn • Pub • EP Burgers, tacos and farm-fresh salads, served up in a casual atmosphere with an outdoor patio and fireplace. • 1050 Post Road E., Westport, 203-557-8501 littlebarnct.com. Open daily. L D, \$\$, E





dining guide fairfield county

Little Pub - American - EP Great food, generous drinks, seasonal menus and a lively pub atmosphere where you'll feel right at home. • 59 Ethan Allen Hwy., Ridgefield, 203-544-9222 littlepub.com. Open daily, L D, \$\$

Local Kitchen and Bar • American • EP Craft beer is the name of the game here with more than 30 lines including rare local, national and international gems. There is also a full menu of classic American cuisine. • 68 Washington St., Norwalk, 203-957-3352; 85 Mill Plain Road, Fairfield, 203-955-1919 sonolocal.com, fairfieldlocal.com. Open daily. L D SB, \$\$, WA

Luc's Cafe • French • EP An authentic French bistro offering non-stop service from 11 a.m. on, with terrace dining available in the warmer months. • 3 Big Shop Lane, Ridgefield, 203-894-8522 *lucscafe.com*. Closed Sun. L D, \$\$\$, E

Mama's Boy - Southern - EP A "southern table and refuge' with favorites from classic shrimp and grits to country-fried game hen. Brunch available Sat.-Sun. - 19 N Water St., South Norwalk, 203-956-7171 mamasboyct.com. Open daily, L (Mon.-Fri.), D (Mon.-Sat.), SB, \$\$\$

Market Place Kitchen & Bar • American Featuring American farm-to-table cuisine with a locally sourced menu. • 33 Mill Plain Road, Danbury, 203-616-5836 marketplacedanbury, com. Open daily, L D LS, \$\$, WA

Match • American • EP RC The farm-fresh, seasonal menu at this upscale SONO restaurant changes daily but always offers something intriguing. • 98 Washington St., South Norwalk, 203-852-1088 matchsono.com. Open daily. D L (Wed.-Fri.), \$\$\$

Mecha Noodle Bar • Asian • EP RC Serves some of Asia's most comforting dishes, from Vietnamese pho to Japanese ramen and riffs on food that can be found in the streets of Southeast Asia. • 116 Washington St., South Norwalk, 203-295-8718; 1215 Post Road, Fairfield, 203-292-8222 mechanoodlebar.com. Open daily. L D, \$

Mezon • Mexican • EP RC An inventive fusion of Spanish, Latin American, and Caribbean-inspired dishes to transport you to a time of tradition, passion, flavor and soul. • 56 Mill Plain Road, Danbury, 203-748-0875 mezonct.com. Open daily. L D SB, \$

Mill Street Bar & Table, Greenwich - American - EP
Seasonally driven menu from the Northeast land and sea,
with two dining rooms, an oyster bar, a full-service bar, comfy
cocktail lounge and heated patio. • 230 Mill St., Greenwich,
203-813-3323 millstreetct.com. Closed Sun.-Mon. D, \$\$\$

Pho Saigon, Bridgeport • Vietnamese • EP The unpretentious, out-of-the-way gem serves up generous portions of authentic, traditional pho. • 1275 Iranistan Ave., Bridgeport, 203-334-8812. Open daily. L D, \$

Pho Vietnam • Vietnamese • EP RC A family-owned restaurant serving authentic Vietnamese food with fresh produce, choice meats and seafood. • 56 Padanaram Road, Danbury, 203-743-6049 phovietnamestaurant.com. Open daily. L D, \$\$, WA

Pink Sumo • Sushi • EP RC Specializes in world-class sushi and sashimi, using only the freshest seafood and ingredients. • 4 Church Lane, Westport, 203-557-8080 pinksumoct.com. Open daily. L D, \$\$

Positano Ristorante • Italian This restaurant has been owned and operated by the Scarpati family for more than 15 years. Owner and chef Giuseppe Scarpati was born on the island of Ponza, Italy, and his cuisine focuses on all-natural cooking, with fresh fishes, meats, fruits, vegetables, and aromatic herbs. • 27 Powers Court, Westport, 203-454-4922 positanosrestaurantwestport.com. Open daily. L D SB, \$\$, E

Redding Roadhouse • American This cozy, classic-style pub features seafood and meat classics as well as an assortment of artisan cheeses, a good beer list and specialty cocktails. • 406 Redding Road, Redding, 203-938-3388 thereddingmoadhouse.com. Open daily L D SB. \$\$. E. WA

Roberto's • Italian • RC Excellent Italian food with attentive service, plus catering and a full-service banquet facility. • 505 Main St., Monroe, 203-268-5723 robertosmonroe.com. Open daily. L (Sun.), D, \$\$

Sal e Pepe Contemporary Italian Bistro • Northern Italian • RC Offers superb cuisine with a contemporary flair, from fresh pastas and sauces to unique specials and classics with a modern twist. • 97 South Main St., Newtown, 203-426-0805 salepeperestaurant.com. Open daily. L D, \$\$, WA

The Schoolhouse at Cannondale •

American • EP With the motto "Fine. Fresh. Simple," the owners seek out the best sources of ingredients and treat them simply and with respect. • 34 Cannon Road, Wilton, 203-834-9816 schoolhouseatcannondale.com. Closed Mon. L (Fri., Sat) D (Wed., Fri., Sat.) SB, \$\$\$

Shiki Hana • Sushi • EP This low-key restaurant offers a variety of sushi rolls, hibachi dishes and Japanese bento meals. • 222 Post Road, Fairfield, 203-259-5950 *shikihanafairfield.com*. Open daily. L (Mon.-Sat.) D, \$\$

The Sitting Duck Tavern • American Neighborhood tavern committed to using regionally and locally grown produce and products. • 3694 Main St., Stratford, 203-873-0871 sittingducktavem.com. Open daily. L D LS SB, \$\$

South End - American - EP South End's food philosophy is a simple one; uncomplicated, seasonal, flavorful food, with an atmosphere that is casual. - 36 Pine St., New Canaan, 203-966-5200 southendnewcanaan.com. Open daily. L (Wed.-Sat.), D SB, \$\$\$, E

The Spinning Wheel • American • RC Enjoy a quintessentially New England-inspired menu with seasonal specials, local and homegrown accents, and modern adaptations of traditional comfort dishes. This classic style pub has 12 types of beer on tap, a rum-inspired drink menu and is housed within a newly renovated historic saltbox style house that dates back to 1742. • 109 Black Rock Tpke., Redding, 203-664-4000 swredding.com. Open daily. L (Thurs.-Sat.) D, \$\$\$, WA

The Spread • American • EP The owners are industry leaders in culinary deviance and solutions, and are focused on delivering great dining experiences. • 70 N Main St., Norwalk, 203-939-1111 thespreadsono.com. Open daily. D SB, \$\$

Stanziato's • *Pizza* • EP Wood-fired pizza made using organic, seasonal ingredients from local farms and artisans. • 35 Lake Ave. Ext., Danbury, 203-885-1057 stanziatos.com. Closed Sun. L (Mon.-Fri.), D, \$, WA

Tequila Mockingbird • *Mexican* The food here is made with traditional ingredients when possible, including imported chiles. Tequila is taken seriously as well, with bartenders receiving tequila training in Mexico. • 6 Forest St., New Canaan, 203-966-2222 *tequilamockingbirdnc.com*. Open daily. D, \$\$

Thali • Indian • EP The ambiance in each of Chef Prasad Chirnomula's restaurants is unique, but what ultimately distinguishes them is the flavorful food. • 296 Ethan Allen Hwy, Ridgefield, 203-894-1080 thali-ridgefield.com. Open daily. L, D, LS (Fri.-Sat.), SB, \$\$

Toro • Sushi • EP RC Japanese and Asian cuisine with a modern flair and a hibachi chef to provide live entertainment.
• 28 Church Hill Road, Newtown, 203-364-0099 tororestaurantnewtown.com. Open daily. L D LS (Fri.-Sat.), \$\$

Uberti's Fish Market • Seafood Specialties include fish-and-chips, stuffed scallops, lobster rolls and deepfried lobster at this seafood market. • 88 Ferry Blvd., Stratford, 203-377-1429. Open daily. L D, \$\$, WA

Valencia Luncheria • Latin American • EP Venezuelan cuisine served up in large portions in a bright, relaxed atmosphere. • 164 Main St., Norwalk, 203-846-8009 valencialuncheria.com. Open daily. B L D, \$\$

Wafu Asian Bistro • Asian Upscale dining with a frequently changing menu that utilizes local ingredients. • 3671 Post Road, Southport, 203-254-2288 wafuasianbistro.com. Open daily. L D, \$

Walrus + Carpenter • Barbecue • EP Sink your teeth into the barbecue offered at this sleek eatery in the Black Rock section of Bridgeport. The customer favorite is the Notorious P.I.G. • 2895 Fairfield Ave., Bridgeport, 203-333-2733 walruscarpenterct.com. Open daily. L D, \$\$, WA

Washington Prime • American • EP The land and sea menu has elements of Americana with cross-cultural influences. The restaurant also boasts an impressive beverage program.
• 141 Washington St., South Norwalk, 203-857-1314 washingtonprimect.com. Open daily. L (Wed.-Sun.) D, \$\$, WA

The Whelk • Seafood • EP Upmarket, sophisticated seafood with a distinct culinary voice. • 575 Riverside Ave., Westport, 203-557-0902 *thewhelkwestport.com*. Closed Sun.-Mon. L (Tues.-Thurs.), D, \$\$\$

Nouveau Monde Wine Bar, Sandy Hook • American • RC Wines from around the world are paired with delicious, innovative tapas-style share plates and entrées in a stylish atmosphere. • 6 Washington Ave, Sandy Hook, 203-491-2723 nouveaumondewinebar.com. Open daily. L, D, LS, SB, \$\$, WA

Hartford County

Abigail's Grille and Wine Bar - American Completely remodeled 1780 tavern blending classic charm with upscale casual dining. Try Gorgonzola-topped pork chops or cedar-plank Atlantic salmon. - 4 Hartford Road, Simsbury, 860-264-1580 abigailsgrill.com. Open daily. L (Mon.-Fri.) D SB, \$\$, WA

Apricots Restaurant & Pub • American • EP
Contemporary cuisine featuring regional American products
as well as a selection of items from Europe and the Far
East. • 1593 Farmington Ave., Farmington, 860-6735405 apricots

@the Barn • American This 170-seat, 4,000-square-foot ultra-sleek steakhouse and wine bar features multiple dining areas, steaks, seafood, small plates and a wine list selected by a certified sommelier, as well as a wide array of martinis, specialty cocktails and craft beers. • 17R E. Granby Road, Granby, 860-413-3888 atthebamgranby.com. Closed Mon. L D (Tues.-Sun.). \$\$. WA

Ävert Brasserie • French • EP Owned by two chefs who in recent years have been making the Connecticut foodie world sit up and take notice, this restaurant offers beautiful food combined with imagination, perfectionism and zest. • 35 LaSalle Road, West Hartford, 860-904-6240 avertbrasserie.com. Open daily, L D, LS, \$\$, WA

Barcelona Restaurant & Wine Bar • Spanish

Mediterranean • EP Hip restaurant serving Spanish and

Mediterranean cuisine — including tapas, hot and cold.

• 971 Farmington Ave., West Hartford, 860-218-2100

barcelonawinebar.com. Open daily. L (Mon.-Sat.) D LS, \$\$, E. WA

Bear's Smokehouse Barbecue • Barbecue • EP Let your inner bear roar at these finger-lickin' good Kansas City-style barbecue joints owned by competitive eating champion Jamie McDonald. • 89 Arch St., Hartford, 860-724-3100; 2152 Poquonock Ave.,Windsor, 860-999-3834 bearsbbg.com. Open daily. L D, \$\$, WA

Bricco Trattoria - Italian - EP Creates the feel of an Italian farm house or vineyard home, with simple, fresh and delicious food and time-honored recipes.

- 124 Hebron Ave., Glastonbury, 860-659-0220 billygrant.com. Open daily. L (Mon.-Sat.) D, \$\$\$

Carbone's Kitchen • Italian Established in 2012, this casual-dining little brother to Carbone's Ristorante uses fresh and local ingredients to prepare old-school Italian classics. • 6 Wintonbury Mall, Bloomfield, 860-904-2111 carboneskitchen.com. Open daily. L (Mon.-Fri.) D, \$\$, WA

Carbone's Ristorante - Italian This old-school, finedining Italian restaurant was established in 1938 and has survived as long as it has for a reason. Dishes include lobster risotto, grilled veal chop and eggplant, chicken and veal parmigiano. • 588 Franklin Ave., Hartford, 860-296-9646 carbonesct.com. Closed Sun. L (Mon.-Fri.) D, \$\$\$, WA

The Corner Pug • Irish Pub • EP Classic favorites at this pug-themed pub include shepherd's pie, hot grilled Reubens, creamy chicken pot pies with flaky crusts, and authentic English fish and chips. • 1046 New Britain Ave., West Hartford, 860-231-0241 comenug.com. Open daily. L D SB, \$

Costa del Sol • Spanish/Mediterranean • EP Galician restauranteur Jose "Pepe" Feijoo incorporates the old and the new, breathing new life into a cuisine rich in Spanish heritage, with a focus on tapas and seafood. Tapas bar, sun rooms, patio, private function room and a small market. • 901 Wethersfield Ave., Hartford, 860-296-1714 costadelsolhartford.com. Closed Mon. L (Tues.-Fri.) D, \$\$\$

Cottage Restaurant & Cafe • American • EP Familyowned, European-style restaurant offers unique, seasonally inspired dishes and a wide selection of wines, martinis and cocktails. • 427 Farmington Ave., Plainville, 860-793-8888 cottagerestaurantandcafe.com. Closed Sun. & Mon. L (Tues.-Fri.), D, \$\$

Firebox • New American • EP Firebox boasts a seasonal, Connecticut farm-inspired menu including seared Stonington scallops and Connecticut farm-raised lamb. • 539 Broad St., Hartford, 860-246-1222 fireboxrestaurant.com. Open daily. L (Mon.-Fri.) D, \$\$, E, WA

Fleming's Prime Steakhouse & Wine Bar • American • EP
Premier destination for prime meats and chops, fresh fish
and poultry, with a sophisticated wine list. • Blue Back
Square, 44 South Main St., West Hartford, 860-676WINE flemingssteakhouse.com. Open daily. D, \$\$, WA

Frank Pepe Pizzeria Napoletana • Pizza While world-famous white clam pizza is the standout, any pie here is worth the wait. • 1148 New Britain Ave., West Hartford, 860-236-7373; 221 Buckland Hills Drive, Manchester, 860-644-7333 pepespizzeria.com. Open daily. L (Mon.-Fri.) D, \$, WA

GoldBurgers • Burgers • EP The big (with a capital B) juicy specialties at GoldBurgers are all made with locally sourced beef and include the venue's namesake, the GoldBurger, a monster of a burger made with two patties and crowned by potato chips. • 1096 Main St., Newington, 860-665-0478. Open daily. L D, \$, WA

Grants Restaurant & Bar • Continental A West Hartford institution serving inventive dishes like braised lamb shank, pistachio-crusted Idaho trout and chocolate-caramel opera cake. • 977 Farmington Ave., West Hartford, 860-236-1930 billygrant.com. Open daily. L (Mon.-Sat.) D, \$\$, WA

J. Gilbert's • Steak • EP Quality ingredients and honest food, like prime wood-fired steaks and seafood, in a luxe, yet warm, atmosphere. • 185 Glastonbury Blvd., Glastonbury, 860-659-0409 jgilberts.com. Open daily. D, \$\$\$

JV's Taproom • Pizza / Bar Bar/pub spotlights steak and wood-fired pizza along with craft beers and specialty cocktails in a casual setting. Rebel Dog Coffee Co., located in the same building, serves up specialty coffees and breakfast sandwiches. • 393 Farmington Ave., Plainville, 860-793-8809 jvstaproom.com. Closed Mon. D, SB, \$, WA

Max Downtown • American • EP Features global cuisine, chophouse classics, a fine wine list and lighter fare in the tavern. Wine Spectator Award of Excellence. • 185 Asylum St., Hartford, 860-522-2530 maxestawantgroup.com.
Open daily. L (Mon.-Fri.) D LS, \$\$\$, WA

Max Fish - Seafood Lively, upscale fish house serving a daily selection of fresh seafood and great steaks. The Shark Bar is more casual, offering lighter fare and Max classics in an up-tempo environment. • 110 Glastonbury Blvd., Glastonbury, 860-652-3474 maxfishct.com. Open daily. L (Mon.-Sat.) D LS. \$\$

Max's Oyster Bar • Seafood • EP Modern renditions of classic American seafood in an atmosphere reminiscent of a big-city oyster bar. • 964 Farmington Ave., West Hartford, 860-236-6299 maxrestaurantgroup.com/oyster. Open daily. L, D, LS (Sat.), \$\$\$

Metro Bis • American • EP It has a lovely new home at Simsbury 1820 House, but the focus hasn't changed — classically grounded innovation, seasonally oriented and ever open to a playful riff or two. • 731 Hopmeadow St., Simsbury, 860-651-1908 metrobis.com. Closed Sun. L D, \$\$, WA

Millwright's Restaurant and Tavern •

American • EP Tyler Anderson dazzled us for years at The Copper Beech Inn. Now, he's wowing all comers at this sparkling restaurant. • 77 West St., Simsbury, 860-651-5500 millwrightsrestaurant.com. Closed Mon.-Tues. D, \$

Monte Alban • Mexican • EP Low-key spot for Mexican staples like tacos, burritos and enchiladas, plus breakfast and outdoor tables. • 531 Farmington Ave., Hartford, 860-523-7243 montealbanhartford.com. Open daily. B L D SB, \$

Murasaki • Sushi • EP Well known for its outstanding sushi and sashimi creations, Murasaki also offers a selection of American foods served in the Japanese style. • 23 LaSalle Road, West Hartford, 860 - 236-7622 murasakijapaneserestaurant.com. Closed Mon. L (Tues.-Sat.), D, \$\$

ON20 - Contemporary French / American - EP Savor panoramic city views and sophisticated atmosphere along with sumptuous seasonal cuisine. • 400 Columbus Blvd., 20th Floor, Hartford, 860-722-5161 *ontwenty.com*. L (Mon.-Fri.) D (Wed.-Sat.) L D, \$\$\$, E

Park & Oak • American American cuisine with a Southern bent in a comfortable, family-friendly eatery.
• 14 Oakwood Ave., West Hartford, 860-310-2099 parkandoakrestaurant.com. Open daily. L (Mon-Sat), D, \$\$, WA

Pho 501 • Vietnamese • EP Dedicated to keeping it simple, with the best soups and authentic Vietnamese family recipes. • 501 Main St., East Hartford, 860-569-3700 pho.com/east-hartford-ct/pho-501. Closed Mon. L D, \$

Plan B Burger Bar • Burgers Gourmet burgers and a wide selection of beers and bourbons. • 120 Hebron Ave. #6, Glastonbury, 860-430-9737 planbburger.com. Open daily. L D LS, \$, WA

Republic • Gastropub • EP Handcrafted beers, boutique wines and small-batch bourbons are offered at this high-end pub. • 39 Jerome Ave., Bloomfield, 860-216-5852 republicct.com. Open daily. L (Mon.-Fri.) D LS, \$\$

Rooster Co. • American • EP Rotisserie chickens made to perfection are the heart and soul of menu here. • 1076 Main St., Newington, 860-757-3969 roostercompany.net. Open daily L D, \$\$, WA

Ruth's Chris Steakhouse • Steak Billed as "the steak that speaks for itself" the steaks served here are USDA Prime. In addition, the restaurant utilizes locally sourced produce in its recipes. • 2513 Berlin Tpke., Newington, 860-666-2202 ruthschris.com. Open daily. L (Sun.) D, \$\$\$, WA

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| dining guide | hartford county

Sayulita • Mexican • EP Named for a Mexican fishing village, this restaurant has a party vibe and uses top-of-the-line ingredients. Specialties include a variety of tacos and Ceviche de Playa. • 865 Main St., Glastonbury, 860-430-9941 cantinasayulita.com. Open daily. D, L (Sat.-Sun.), \$\$, WA

Smokin' with Chris • Barbecue • EP Specializes in barbecue and other smoked meats, but also offers specialty salads, seafood and vegetarian dishes. • Southington, 860-620-9133 smokinwithchris.com. Closed Mon. L D, \$\$, E

Staropolska • Polish • EP Authentic homemade Polish cuisine prepared fresh daily and an in-house bar. • 252 Broad St., New Britain, 860-612-1711 staropolska.net. Closed Mon. L D, \$\$

Sushi Red • Sushi • EP Offers up delicious, fresh, handcrafted sushi in a quiet, intimate setting. • 450 East St., Plainville, 860-410-1829. Closed Sun. L D, \$

Treva • Italian • EP Cuisine is inspired from central and upper Italy, with seasonal varieties and unique nightly specials. • 980 Farmington Ave., West Hartford, 860-232-0407 trevact.com. Open daily. L, D, LS (Fri.-Sat.), \$\$

Trumbull Kitchen • American "Global comfort food" is served at communal tables at this sophisticated city brasserie. Wine Spectator Award of Excellence. • 150 Trumbull St., Hartford, 860-493-7417 maxrestaurantgroup.com.

Open daily. L (Mon.-Sat.) D LS, \$\$, E

Vinted Wine Bar & Kitchen - Tapas This exciting restaurant in Blue Back Square serves 68 wines by the glass along with an ambitious small-plates menu. • 63 Memorial Road, West Hartford, 860-206-4648 vintedwinebar.com. Open daily. D, \$\$, WA

The Willows • American A suave boîte in the DoubleTree Hotel helmed by star chef Leo Bushey III. On the menu: vanilla-poached lobster, pot-au-feu and pork tenderloin roulade with sun-dried fruit. • 42 Century Drive, Bristol, 860-589-7766 doubletree-bristol.com. Open daily 5 to 10. D, \$\$\$, WA

Litchfield County

Alpenhaus Restaurant and Steinbock Tavern • German Restaurant offers authentically prepared German food such as pan fried chicken schnitzel and Bavarian suerbraten; downstairs tavern has the atmosphere of a Bavarian-style beer hall. • 59 Banks St., New Milford, 860-799-5557 alpenhausct.com. Closed Mon. L (Fri.-Sun.), D, SB, \$\$, WA (restaurant)

Arethusa al Tavolo • New American • EP RC This high-flying, country restaurant serves sparkling dishes like butter-poached halibut with crab paella, rack of lamb and a glorious reinvention of Peking duck. • 828 Bantam Road, Bantam, 860-567-0043 arethusaaltavolo.com. Open Thurs.-Sun. D, \$\$\$, WA

Backstage • American Enjoy casual American fare prepared from scratch — salads and soups, creative small plates, hand-formed Angus patties on house-baked rolls — and 40 beers on tap. • 84 Main St., Torrington, 860-489-8900 backstageeatdrinklive.com. Open daily, L D LS SB, \$\$, E, WA

Carole Peck's Good News Cafe • New American • EP
Chef Carole Peck offers original dishes like warm crab taco
and chicken tagine. • 694 Main St. S., Woodbury, 203266-GOOD good-news-cafe.com. Closed Tues. L D, \$\$

The Cookhouse • Barbecue • EP "Slo-smoked" babyback ribs and pulled pork are the name of the game here. • 31 Danbury Road (Route 7), New Milford, 860-355-4111 *thecookhouse.com*. Open daily. L D, \$\$, WA

Gifford's • American Enjoy a melting pot of a menu that features the flavors of Thailand, Tuscany, Vietnam, Morocco and France, as well as local farm fare. In winter, guests can enjoy a fireplace; in summer, they can eat outside on an awning-shaded dining terrace. • 9 Maple St., Kent, 860-592-0262 *jpgifford.com*. Closed Mon.-Tues. D, \$\$\$, WA

Hidden Valley Eatery • *American* • **EP** Locally sourced comfort food with a number of vegetarian options. Seasonal dinner menu changes nightly. • 88 Bee Brook Road, Washington Depot, 860-619-0660 *hiddenvalleyeatery.com*. Closed Tues. B, L, D (Fri.-Sat.), \$\$

The Hopkins Inn • Austrian/American • EP A country inn with an Old World atmosphere known for wiener schnitzel, backhendl and fresh-caught trout. • 22 Hopkins Road, Warren, 860-868-7295. Closed Mon. B L (Tues.-Sat.) D, \$\$\$

John's Café • New American Popular spot for New American cuisine with a Mediterranean accent: grilled pizzas, ricotta gnocchi and salmon with morels. Wine Spectator Award of Excellence. • 693 Main St. S., Woodbury, 203-263-0188 johnscafe.com. Open daily. L (Mon.-Sat.) D, \$\$, WA

Litchfield Saltwater Grille • Seafood Casual and fine dining with seafood, raw bar, meat, vegetarian and kids menu options. Happy hour is Mon.-Fri 4-6 p.m., and the lounge is open late Fri. & Sat. Outdoor patio and private dining available. • 26 Commons Drive, Route 202, Litchfield, 860-567-4900 litchfieldsaltwatergrille.org. Open daily. \$\$, E, WA

Mountainside Café • Farm to Table Modern rustic cafe offers up a fresh approach to American classics, such as the Country Burger and the Johnny Cash Skillet, in a warm and casual atmosphere. • 251 Route 7 South, Falls Village, 860-824-7876 mountainside.com/cafe. Open daily, B L D SB, \$, WA

The Painted Pony • American This cozy spot offers a variety of dishes, from prime rib and steak to pasta and pizza. Live entertainment every Thurs. • 74 Main St. (Route 61), Bethlehem, 203-266-5771 paintedponyrestaurant.com. Open daily. L (Mon.-Sat.) D, \$, E, WA

The Restaurant at Winvian Farm • French • EP Chef Chris Eddy constantly changes the menu, using simple and seasonal ingredients accented with unusual and fresh findings. • 155 Alain White Road, Morris, 860-567-9600 winvian.com. Closed Mon.-Tues. L D. \$\$\$. WA

RSVP • French • EP A "special concept" French restaurant, RSVP offers carefully selected five-course prix fixe meal. Alcohol is BYOB only, and dinner is by reservation only. • 7 Railroad St., West Cornwall, 860-672-7787 rsvp-restaurant.com. Open Fri-Sun. D, \$\$\$

The Village Restaurant - American Historic pub and restaurant in the heart of Litchfield. Veal Bartalucci, Parmesan-and-horseradish-encrusted salmon and cheeseburgers top the menu. • 25 West St., Litchfield, 860-567-8307 village-litchfield.com. Open daily. L D, \$\$

West Street Grill - New American - EP An innovative restaurant with a star-studded clientele and menu to match. Serves wild fish, handmade pasta and organic salads. Wine Spectator Award of Excellence. • 43 West St., Litchfield, 860-567-3885 weststreetgrill.com. Open daily. L D SB, \$\$\$, E (on weekends), WA

The White Hart • Farm to Table • EP High-quality cuisine made from an A-list of farm sources served in a rustic, recently remodeled historic country inn dating to 1805. • 15 Under Mountain Road, Salisbury, 860-435-0030 whitehartinn.com. Open daily. L D SB, \$\$, WA

The White Horse Country Pub - American - EP RC Serves American pub favorites like burgers, ribs and seafood bake, along with some English ones — shepherd's pie, fish-and-chips and bangers and mash. Outdoor dining in warmer months provides a delightful experience. - 258 New Milford Tpke., Washington, 860-868-1496 whitehorse-countrypub.com. Open daily. L D SB, \$\$, WA

Winvian - American - EP Simplicity and indulgence converge with fresh and spontaneous farm-to-table menus and an ecclectic wine selection. Reservations are required. - 155 Alain White Road, Morris, 860-567-9600 winvian.com. Closed Tues. I. (Sat.-Sun.). D (Wed.-Mon.). \$\$\$

Yokohama • Japanese • EP Delicious tempura and teriyaki dishes, plus sushi and sashimi is served at this beloved New Milford restaurant. • 131 Danbury Road, New Milford, 860-355-0556 yokohama-sushi.net. Open daily. L D, \$\$, WA

Middlesex County

Angelico's Lake House • American Overlooking Lake Pocotopaug, Angelico's features great outside dining and a tiki hut. Try the spinach risotto, roast prime rib, stuffed salmon or lobster ravioli with sautéed shrimp.
• 81 North Main St., East Hampton, 860-267-1276 angelicoslakehouse.com. Open daily. L D LS SB, \$\$, E, WA

Baci Grill • Modern Italian Try house specialties like grilled mango-and-chipotle pork loin, chicken sausage and broccoli rabe pasta, Guinness skirt steak and scallop risotto at this casual, trendy restaurant. • 134 Berlin Road, Cromwell, 860-613-2224 bacigrill.com. Open daily. L D LS, \$\$. E. WA

The Blue Oar - Seafood - EP Open seasonally, with open-air dining and fresh-catch entrees. BYOB; cash only. - 16 Snyder Road, Haddam, 860-345-2994 blue-arct.wix.com. Open daily, Mother's Day weekend-Labor Day; Thurs.-Sun., Labor Day-end of Sept. L D, \$\$

Celtic Cavern • Gastropub Middletown's first-ever gastropub, featuring 18 beers on tap and a dynamic menu designed to tempt every palate. • 45 Melilli Plaza, Middletown, 860-894-2954 http://www.celticcavem.com/. Open daily. L, D, \$\$

Chester's Barbecue • Barbecue • EP RC Mouthwatering, slow-cooked barbecue is the name of the game here. Choose from BBQ favorites like smoked ribs, chicken, brisket and burnt ends. • 10 West Main St., Clinton, 860-669-6868 chestersbdp.com. Open daily. L D, \$\$

Cuckoo's Nest • Mexican • RC Housed in a 200-year-old barn, Cuckoo's Nest has been serving nachos, fajitas, Cajun shrimp and scallops for more than 35 years.
• 1712 Post Road, Old Saybrook, 860-399-9060 cuckoosnest.biz. Open daily. L D SB, \$\$, E, WA

Dattilo Fine Italian at Water's Edge Resort and Spa • Italian Enjoy spectacular ocean views and Italian specialties like veal romano, wild mushroom arancini and lobster ravioli. And don't forget the award-winning Sunday brunch. • 1525 Boston Post Road., Westbrook, 860-399-5901 watersedgeresortandspa.com. Open daily, B L D SB, \$\$\$, E

Eli Cannon's Tap Room - Beer Bar - EP The Connecticut innovator of the modern beer bar, Eli Cannon's has been pouring sought-after brews since long before it was a trendy business model. Food favorites here include the famous nachos, chicken wings (there's 20 custom sauces), the classic cannon burger and the blackened chicken wrap. • 695 Main St., Middletown, 860-347-3547 elicannons.com. Closed Mon. L (Fri.-Sun.) D LS, \$\$, WA

Fresh Salt at Saybrook Point Inn • American • EP
Drink in the glorious water view while savoring cioppino,
merlot-braised short ribs, osso buco and Block Island
swordfish. • 2 Bridge St., Old Saybrook, 860-395-2000
saybrook.com. Open daily. B L (Mon.-Sat.) D SB, \$\$\$, E, WA

Gelston House • American This historic restaurant offers unparalleled views of the Goodspeed Opera House and the Connecticut River. Entrées include pan-seared duck breast, filet mignon and lamb ragout. • 8 Main St., East Haddam, 860-873-1411 gelstonhouse.com. Closed Mon. L (Tues.-Sun.) D LS S\$, \$\$, E, WA

The Griswold Inn • American The beloved 1776 "Gris" features classic New England cuisine in the dining room, small plates and 50 wines by the glass in the wine bar, and a lively taproom. Wine Spectator Award of Excellence. • 36 Main St., Essex, 860-767-1776 griswoldim.com. Open daily. L D SB, \$\$\$. E, WA

Iguanas Ranas Taqueria • Mexican • EP Affordable, fresh and authentic Mexican food served fresh and with home-style taste. • 484 Main St., Middletown, 860-346-8630 iguanasranastaqueriact.com. Closed Sun. L D, \$

It's Only Natural (ION) Restaurant • Vegetarian • EP
Vegan/vegetarian offerings with a Southwestern bent, plus a
full organic bar. • 606 Main St., Middletown, 860-346-9210
ionrestaurant.com. Open daily. L, D (Mon.-Sat.), SB, \$\$

The L&E French and Good Elephant Bistro • French / Vietnamese • EP The reopened L&E French offers bistro favorites and modern interpretations of classic dishes. Meanwhile, the elephant in this room is flavor—and olts of it. From five-spice duck to sushi-grade tuna, this restaurant serves the salty, sour, bitter and sweet flavors of Vietnamese cuisine. • 59 Main St., Chester, 860-526-5301 goodelephantcafe.com. Open Wed-Sat. D, \$\$

La Foresta • Italian • RC This big and beautiful ristorante serves garden-fresh, ingredient-driven fine Northern Italian cuisine. It also has a VIP wine cellar and one of the state's best wine selections. • 163 Route 81, Killingworth, 860-663-1155 /aforestarestaurant.com. Open daily, D, \$\$. WA

Lenny & Joe's Fish Tale - Seafood - EP This Connecticut institution serves all manner of fresh seafood, from hot lobster rolls to baked stuffed shrimp to fried whole-belly clams. - 86 Boston Post Road, Westbrook, 860-669-0767 Iffishtale.com. Open daily. L D, \$\$, WA

Liv's Oyster Bar • Seafood • EP Liv's is a stylish, small neighborhood restaurant housed in an old movie theater. Stonington sea scallops, wild salmon, organic chicken and heirloom vegetables top the menu. • 166 Main St., Old Saybrook, 860-395-5577 livsoysterbar.com. Closed Tues. D, \$\$, WA

Luce • American Have your aged steaks grilled over wood chips—there are 20 types to choose from. Offers seafood, an extensive wine list and a great bar atmosphere. • 98 Washington St., Middletown, 860-344-0222 lucect.com. Open daily. LD LS, \$\$. WA

Luigi's • Italian Enjoy classic Italian favorites like seafood cannelloni, chicken leonardo, veal parmigiana, whole clams, prime rib and other dishes. • 1295 Boston Post Road, Old Saybrook, 860-388-9190 luigis-restaurant.com. Closed Mon. (except in July and Aug.). D, \$\$, WA

Mondo • Pizza • EP This casual, family-owned restaurant specializes in brick-oven, New York-style thin crust pizza. There is also a beer and wine bar. • 10 Main St., Middletown, 860-343-3300 mondomiddletown.com. Open daily L D, \$\$, WA

Puerto Vallarta • Mexican Authentic, traditional Mexican cuisine is prepared fresh daily - sometimes even at your table - mixing time-honored recipes with innovative culinary techniques. • 200 Main Metro Square, Middletown, 860-852-0080 puertovallartausa.com. Open daily. L D, \$\$

River Tavern • American • EP Farm-to-table pioneer Jonathan Rapp wears top toque at this town fixture. On the menu: made-to-order guacamole, grilled Stonington swordfish, New York strip. • 23 Main St., Chester, 860-526-9417 rivertavernrestaruant.com. Open daily, L.D. \$\$

Rustica • Italian • EP The food is made fresh daily, from the pasta to the salads to the homemade desserts. Also offering a varied wine collection. • 189 Middlesex Turnpike, Chester, 860-526-9021 rusticact.com. Closed Mon. D, \$\$\$

Taste of China • Chinese • RC Authentic Szechuan/Chengdustyle food in an elegant yet casual setting, with a full bar and an extensive beer list. • 233 E. Main St., Clinton, 860-664-4454 tasteofchinaclinton.com. Open daily. L D, \$

The Tea Kettle Restaurant • Breakfast This breakfast and brunch destination specializes in gluten-free and paleo dishes, from pancakes and muffins to waffles and eggs benedict. The jumbo-size pancakes are popular. • 1395 Boston Post Road, Old Saybrook, 860-577-5039 theteakettlerestaurant.com. Open daily. B L, \$, E, WA

Westbrook Lobster • Seafood Offers the freshest fish possible in dishes ranging from baked stuffed lobster to teriyaki-grilled salmon to seafood paella. . 346 E. Main St., Clinton, 860-664-9464; 300 Church St., Wallingford, 203-265-5071 westbrooklobster.com. Open daily. L D, \$\$, WA

New Haven County

116 Crown • American Tapas / Small Plates • EP Dine on sliders, pizzettes and charcuterie and cheese in a loungelike atmosphere — along with exciting and creative house cocktails. • 116 Crown St., New Haven, 203-777-3116 116crown.com. Closed Mon. D LS, \$\$, E, WA

Adriana's • Italian • EP Old-fashioned Italian fare, served up in generous portions. • 771 Grand Ave., New Haven, 203-865-6474 adrianasnewhaven.com. Open daily. L (Mon.-Fri.), D, LS (Fri.-Sat.), \$\$, WA

Archie Moore's Bar & Restaurant • American • EP Casual pub-style dining with burgers, nachos and salads. And don't miss the award-winning buffalo chicken wings. • 1881/2 Willow St., New Haven, 203-773-9870; 39 N. Main St., Wallingford, 203-265-7100; 15 Factory Lane, Milford, 203-876-5088; 17 Elizabeth St., Derby, 203-732-3255 archiemoores.com. Open daily. L D LS, \$

Baja's • Mexican • EP Casual, authentic Mexican food. • 63 Boston Post Road, Orange, 203-799-2252. Open daily. L D, \$\$, WA

Ballou's Restaurant & Wine Bar • Italian A casual and relaxed wine bar. Full menu with fondue and much more. Has an outdoor, dog-friendly patio and gluten-free menu. • 51 Whitefield St.. Guilford, 203-453-0319 ballouswinebar.com. Open daily. L D, \$\$

Bar Bouchee • French • RC Inspired by the neighborhood bistros of Lyon, France — known as bouchons — the menu features authentic French histro classics as well as innovative cocktails and a carefully selected wine list. • 8 Scotland Ave., Madison, 203-318-8004 barbouchee.com. Open daily. D, \$\$

Barcelona Restaurant & Wine Bar . Spanish Mediterranean • EP Hip restaurant serving Spanish and Mediterranean cuisine — including tapas, hot and cold. Wine Spectator Award of Excellence. • 155 Temple St., New Haven, 203-848-3000 barcelonawinebar.com. Open daily. D LS SB, \$\$, WA

Bella's Café · American · EP Stylish and cozy cafe serves breakfast and lunch all day during the week, or brunch on weekends. • 896 Whalley Ave., New Haven, 203-387-7107 bellascafect.com. Closed Mon. B L SB, \$

Bin 100 • Mediterranean Feast on delicious Mediterranean cuisine elegantly served in a spacious dining room. • 100 Lansdale Ave., Milford, 203-882-1400 bin100restaurant.com. Open daily. D SB, \$\$, E, WA

Bistro Mediterranean • Mediterranean This casual and relaxed restaurant has Spanish and Mediterranean influences and offers a variety of beloved dishes including scallops parrilla, paella and brussels sprout salad. • 383 Main St., East Haven, 203-467-2500 bistromediterraneanandtapasbar.com. Open daily. L D, \$\$, WA

Cask Republic • American • EP Serious chef-crafted American fare as well as creative interpretations of globally inspired dishes with an inviting and fun vibe. • 179 Crown St., New Haven, 475-238-8335 caskrepublic.com. Open daily. L D, \$\$

Ceviche • Latin Fusion • EP Several styles of ceviche are offered here. In addition, the place features a variety of sizzling Latin dishes, cocktails and 30 types of tapas. Try the Granada Mojito, which features pomegranate flavors. • 530 Middlebury Road, Middlebury, 203-527-7634 cevichelatinkitchen.com. Closed Mon. L (Wed.-Thurs.) D LS, \$\$, WA

Chaat House • Indian • EP The inspired, creative and scrumptious menu is full of healthy, delicious, all-vegetarian dishes. • 315 York St, West Haven, 203-934-9676 indianasiangroceries.org. Closed Mon. L D, \$

Chip's Family Restaurant • American • EP Famous for its perfect pancakes, Chip's also has a creative lunch and dinner menu, and guests are welcome to BYOB. • 321 Boston Post Road, Orange, 203-795-5065 chipsrestaurants.com. Open daily. B L D, \$

Claire's Corner Copia • Vegetarian • EP Café-style spot offering globe-trotting dishes like organic-mushroom crêpes, Bengal curry, Irish breakfast and Lithuanian coffee cake. • 1000 Chapel St., New Haven, 203-562-3888 clairescornercopia.com. Open daily. B L D SB, \$, WA

Colony Grill • Pizza This Irish tavern's single menu offering is its one-of-a-kind, thin crust pizza served with a signature "hot oil" topping. • 36 Broad St., Milford, 203-876-1935 $\it colony grill.com$. Open daily. L D LS, \$, WA

Consiglio's Restaurant • Classic Italian Family-owned and -run for more than 70 years, Consiglio's is known for classic homestyle favorites like homemade cavatelli and braciole, eggplant rollatini and lasagna. • 165 Wooster St., New Haven, 203-865-4489 consiglios.com. Open daily. L (Tues.-Fri., Sun.) D, \$\$

Coromandel Cuisine of India • Indian • EP Wide range of tasty Indian fare is served in a small, tastefully done space. • 185 Boston Post Road, Orange, 203-795-9055 coromandelcuisine.com. Open daily. L D SB, \$\$, WA

D'Vine Bistro • French-American French-American fusion served up in small plates or entree sizes, with a large number of gluten-free options. Patio dining available. Located on the Guilford Green. • 25 Whitfield St., Guilford, 203-458-1300 dvinebistro.net. Closed Mon. L (Tues.-Sat.) D, \$\$\$, E, WA

See the complete listings and find which restaurants are located near you connecticutmag.com/diningguide

Dino's Seafood • Seafood This family-run favorite of local North Haven diners for more than four decades prides itself on serving high-quality seafood with the taste of love and joy in every order. Customer favorites include strip clams, fritters, lobster rolls, and top-split hot dogs accompanied with a local craft beer. • 540 Washington Ave., North Haven, 203-239-5548 dinosseafood.com. Closed Mon. L D, \$, WA

Donahue's Madison Beach Grille • Irish Pub • EP Casual shoreline dining serving up fresh seafood, homemade clam chowder and lobster bisque soups, premier salads and daily specials. Live music on the weekends. • 1320 Boston Post Road, Madison, 203-318-8362 donahuesmadisonbeachgrille.com. Closed Mon. L D, \$\$, E

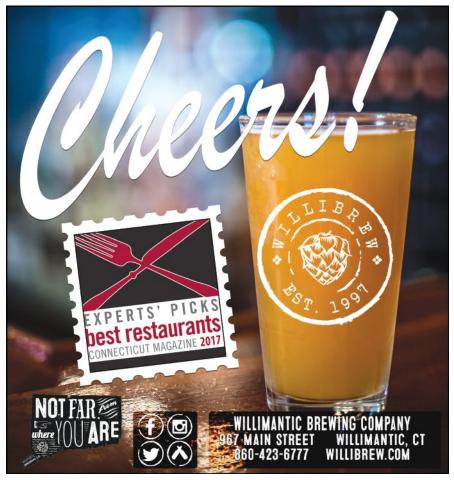
Elm City Social • American • EP Features creative and upscale pub-friendly fare in a visually impressive setting. There is also an assortment of excellent cocktails offered. • 286 College St., New Haven, 475-441-7436 elmcitysocial.com. Open daily. L D, LS, \$\$, WA

Frank Pepe Pizzeria Napoletana • Pizza While world-famous white clam pizza is the standout, just about any pie here is worth the wait. • 157 Wooster St., New Haven, 203-865-5762 pepespizzeria.com. Open daily. L (Mon.-Fri.) D, \$, WA

G-Zen • Vegetarian • EP Focused on green business ethics, G-Zen offers up locally sourced vegetarian, vegan, organic and sustainable cuisine. • 2 E. Main St., Branford, 203-208-0443 g-zen.com. Closed Sun.-Mon. L (Sat.), D, \$\$, E

Geronimo Tequila Bar & Southwest Grill • Southwestern Fusion • EP Mix of traditional Native American, Mexican, Spanish and Anglo-American fare, with bold flavors and authentic ingredients. • 271 Crown St., New Haven, 203-777-7700 geronimobarandgrill.com. Open daily. L (Mon.-Sat.) D, \$\$

Goodfellas Restaurant • Italian • EP RC The extensive menu is a veritable Best Hits of Italy, featuring pastas and gnocchi, pork chop Milanese, steak pizzaiola, veal saltimbocca and the chef's signature filet cognac. • 702 State St., New Haven, 203-785-8722 goodfellasrestaurant.com. Open daily. L D, \$\$, WA



| dining guide | new haven county

Heirloom • Modern Continental • EP Seasonal Farm & Coastal menu draws its inspiration from the New England pantry with fresh ingredients sourced from regional heritage growers and artisan suppliers. Expansive international wine collection. • The Study at Yale, 1157 Chapel St., New Haven, 203-503-3919 heirloomnewhaven.com. Open daily. B L (Mon.-Sat.) D SB, \$\$, WA

Home • American Whether in the main "dining room" or the "living room" lounge, Home offers up locally sourced food and a wide selection of regional craft brews to make its guests feel comfortable and comforted. • 1114 Main St., Branford, 203-483-5896 www.homerestaurantct.com. Closed Mon. L D, \$\$, E

Ibiza Tapas • Tapas • EP Enjoy a taste of Spain with a wide variety of either hot or cold tapas and an extensive wine bar, in either the vibrantly colored dining area or outdoor patio. • 1832 Dixwell Ave., Hamden, 203-909-6512 ibizatapaswinebar.com. Closed Mon. D, LS (Fri.-Sat.), \$, WA

J. Christian's • New American A smart, lively restaurant and lounge that takes no shortcuts in preparing New American cuisine with a Southern accent. • 9 North Main St., Wallingford, 203-265-6393 jchristians.com. Closed Mon. L D, \$\$

L'Orcio • Contemporary Italian • EP This upscale contemporary restaurant features an outdoor patio and a menu of house-made pastas, grilled whole fish and steaks with seasonal cuisine. • 806 State St., New Haven, 203-777-6670 lorcio.com. Closed Mon. L (Fri.) D, \$\$

La Tavola Ristorante • Classic Italian Enjoy a twist on classic Italian cuisine with prosciutto-wrapped figs, pumpkin ravioli and pepper-encrusted Ahi tuna. • 702 Highland Ave., Waterbury, 203-755-2211 latavolaristorante.com. Open daily. L D, \$\$, WA

Le Petit Café • French • EP Simple, fresh and elegant dining with the menu du jour in a cozy, unpretentious atmosphere. • 225 Montowese St., Branford, 203-483-9791 lepetiticafe.nef. Closed Mon.-Tues. D. \$\$\$

Lenny & Joe's Fish Tale • Seafood • EP This Connecticut institution serves all manner of fresh seafood, from hot lobster rolls to baked stuffed shrimp to fried wholebelly clams. • 501 Long Wharf Drive, New Haven, 203-691-6619; 1301 Boston Post Road, Madison, 203-245-7289 Ijfishtale.com. Open daily. L D, \$\$, WA

Mamoun's • Middle Eastern • EP Authentic Middle Eastern cuisine, made from scratch using fresh, natural ingredients, fine imported spices and signature recipes, served in a traditional environment. • 85 Howe St., New Haven, 203-562-8444 mamouns.com. Open daily L D LS, §, WA

MiKro Beer Bar • Gastropub • EP The unique menu includes the "French Revolution" flatbread, steamed mussels & frites, and shrimp & grits. The name (pronounced "micro") refers to the bar's intimate space and to the lineup of microbrews. • 3000 Whitney Ave., Hamden, 203-553-7676 mikrobeerbar.com. Open daily. D SB, \$\$, WA

Miya's • Sushi • EP Sushi restaurant like no other, thanks to chef Bun Lai's unique creations. • 68 Howe St., New Haven, 203-777-9760 miyassushi.com. Closed Sun.-Mon. L D, \$\$\$, WA

Moxie • American • EP High-end American cuisine is the star here. Try the perfectly cooked burger that comes with awesome fries doused in kosher salt and malt vinegar powder. • 52 Wall St., Madison, 203-421-6963 moxie-bar.com. Closed Mon. D (Tues.-Sun) L (Fri.-Sun.). \$\$. WA

olea • Spanish • EP World-class, full-service Spanish restaurant, with a fun tapas bar. • 39 High St., New Haven, 203-780-8925 oleanewhaven.com. Closed Sun. D, \$\$\$, WA

Park Central Tavern - American The dynamic weekly menu showcases signature entrées and classic favorites made with fresh New England ingredients. • 1640 Whitney Ave., Hamden, 203-287-8887 parkcentraltavem.com. Open daily, L D, \$, WA

Prime 16 • Burgers • EP Select from a list of gourmet burgers or build your own, plus a variety of sandwiches, salads and small plates. • 172 Temple St., New Haven, 203-782-1616; 464 Boston Post Road, Orange, 203-553-9616 prime16.com. Open daily. L, D, LS (Orange), \$

Ristorante Luce • Classic Italian Enjoy the double-cut veal chops, pane cotto, risotto pescatore and daily fish specials. Extensive wine list. • 2987 Whitney Ave., Hamden, 203-407-8000 ristoranteluce.net. Open daily. L (Mon.-Fri.) D, \$\$

Sake Asian Fusion - Asian Fusion Indian pancakes with curry sauce and Vietnamese-style grilled pork are just a few of the Asian-fusion dishes on the menu. - 730 Main St. S., Southbury, 203-264-2888 sakefusionsouthbury.com.

Señor Pancho's • Mexican Festive spot serving up terrific fresh salsa and margaritas to go with mole poblano, steak ranchero and fajitas. • 280 Cheshire Road, Prospect, 203-758-7788; 385 Main St. S., Southbury, 203-262-6988 senorpanchos.com. Open daily. L D SB, \$, E, WA

Shell & Bones Oyster Bar & Grill - Seafood - EP This waterside restaurant features the celebrated creations of executive chef Arturo Franco-Camacho whose specialties include steak and seafood. - 100 South Water St., New Haven, 203-787-3466 shellandbones.com. Open daily. D L (Sat.-Sun.), \$\$\$

Shoreline Diner, Guilford • American • EP The seasonal menu focuses on fresh, natural ingredients, with lots of vegetarian and vegan options. • 345 Boston Post Road, Guilford, 203-458-7380 shorelinediner.com. Open daily. BLD, \$, WA

Stowe's • Seafood • EP This classic seafood shack has a simple menu of fresh fish, fried New England style, plus perfect lobster rolls, all served in paper boats. • 347 Beach St., West Haven, 203-934-1991 stowesseafood.com. Open daily. L D, \$\$

Thali / Thali Too • Indian • EP Each location is chic, exotic and fun, but what ultimately distinguishes them is the flavorful food. • 4 Orange St., New Haven, 203-777-1177; 65 Broadway, New Haven, 203-776-1600 thali.com. Open daily. L, D, LS (Fri.-Sat.), SB, \$\$

Tikkaway Grill • Indian • EP Build your own wrap or rice bowl by choosing your base and one of Tikkaway's signature sauces. Vegan options available. • 135 Orange St., New Haven, 203-562-1299; 2 Howe St., New Haven, 203-624-1299 tikkawaygrill.com. Open daily (Orange St.); Mon.-Fri. (Howe St.) L D, \$

Tre Scalini - Italian Elegantly decorated Trattoria-style restaurant offering traditional and creative Italian fare, with a full bar and an extensive wine list. A private banquet room is available, as is outside patio dining during the summer. • 100 Wooster St., New Haven, 203-777-3373 trescalinirestaurant.com. Open daily. L (Mon.-Fri.) D, \$\$, WA

Union League Cafe • French • EP RC Designed to capture the conviviality and old-world charm of a Parisian brasserie — less formal, more lively, unpressured but with attention to memorable food, wine and service. • 1032 Chapel St., New Haven, 203-562-4299 unionleaguecafe.com. Closed Sun. L (Mon.-Fri.), D, \$\$\$

Viron Rando's Osteria - Italian - EP The seasonal menu includes well-known and loved Italian classics as well as new dishes, using local, sustainable and organic ingredients. - 1721 Highland Ave, Cheshire, 203-439-2727 vironrondoosteria.com. Open daily. L D LS, \$\$

The Wharf • New American • EP This spot at the Madison Beach Hotel serves up panko-crusted sea bass, duck two ways and bourbon-glazed pork tenderloin — with a side of water views. • 94 West Wharf Road, Madison, 203-350-0014 madisonbeachhotel.com. Open daily, B L D, \$\$\$, WA

Zafra Cuban Restaurant & Rum Bar • Cuban With a collection of 300 different kinds of rum — one of the largest in the country — this New Haven establishment is Connecticut's first true rum bar. Small, dark and atmospheric, this hip locale features chef Tadahiro ("Haya") Hayasaka's subtle and sometimes fanciful take on Cuban soul food. • 259 Orange St., New Haven, 203-859-5342 zafrarumbar.com. Open daily. L (Tues.-Fri.) D LS. \$\$. WA

Zinc • American • EP Their modern interpretation of "American Food" is local market-inspired and globally infused with a focus on sustainable food, offering a dining experience fit for even the most enthusiastic of foodies. • 964 Chapel St., New Haven, 203-624-0507 zincfood.com. Closed Sun. L (Tues.-Fri.) D, \$\$\$

New London County

Abbott's Lobster in the Rough • Seafood This seasonal destination offers steamers, stuffed clams, clam chowder and more along with a spectacular view of the Mystic River. • 117 Pearl St, Groton, 860-536-7719 abbottslobster.com. Open daily through Labor Day. L D, \$\$, WA

Alta Strada • Italian Try favorites like chittara with spicy lobster and fresh peas and grilled lamb chops with asparagus, potato and pickled onion salad. • MGM Grand at Foxwoods, 240 MGM Grand Drive, Mashantucket, 860-312-2582 altastradarestaurant.com. Open daily, L D LS SB, \$\$\$, WA

Ballo Italian Restaurant & Social Club - Italian A sumptuous restaurant inspired by the magnificent 12th-century Abbey of San Galgano in Siena. On the menu: pizza and pasta, striped bass and veal porterhouse. - Mohegan Sun, Uncasville, 860-862-1100 balloitalian.com. Open daily. L (Sat.-Sun.) D LS (Fri.-Sat.), \$\$, WA

The Bistro • Seafood Formerly Chaplin's & Friends, The Bistro specializes in locally caught seafood and regional American bistro favorites. Standouts include hallbut sautéed with almonds, tuna with fresh mango and roasted red-pepper sauce and swordfish garnished with salsa. • 165 Bank St., New London, 860-990-5263 chaplinsandfriends.com. Open daily. L D, \$\$\$, WA

Bleu Squid - American A bakery and cheese shop serving 30 cheeses and 40 different cupcakes. Also serves up grilled cheese sandwiches to go, freshly made and to order, including the best-selling lobster grilled cheese. • 27 Coogan Blvd., Mystic, 860-536-6343 dessertsmysticct.com. Open daily, L, \$, WA

Bobby's Burger Palace • American This burger palace serves an array of burgers inspired by chef Bobby Flay's extensive travels. Each is a tribute to a different American regional flavor and tradition. • Mohegan Sun, Uncasville, 888-226-7711 bobbysburgerpalace.com. Open daily. L D, \$\$, WA

Caffé NV • Greek Favorites include pasta a la Philip and shrimp Saganaki at this restaurant with stained-glass windows and brick walls. • 57 Boston Post Road, Waterford, 860-444-8111 cafenv.com. Closed Sun. L D LS, \$\$, WA

The Captain Daniel Packer Inne - American This 1754 whaler's inn features a view of the Mystic River along with dishes like lemon pepper chicken, filet mignon and salmon • 32 Water St., Mystic, 860-536-3555 danielpacker.com. Open daily. L D, \$\$\$, WA

Chester's Barbecue • Barbecue • EP RC Mouthwatering, slow-cooked barbecue is the name of the game here. Choose from BBQ favorites like smoked ribs, chicken, brisket and burnt ends. • 943 Poquonnock Road, Groton, 860-449-6868 chestersbbq.com. Open daily. L D, \$\$

The Chestnut Grille • American The winning seasonal menu here includes succulent treats such as panroasted duck breast and seared diver scallops. • The Bee and Thistle Inn, 100 Lyme St., Old Lyme, 860-434-1667 beeandthistleinn.com. Closed Sun.-Mon. D, \$\$\$, E

David Burke Prime - American - EP An updated steakhouse menu with dry-aged beef, as well as terrific pork, chicken and seafood specialties. The steak served here is truly a cut above. • Foxwoods Resort Casino, Mashantucket, 860-312-8753 davidburke-prime.com. Open daily. L D SB, \$\$\$

Engine Room • American • EP The focus is on "beer, burgers and bourbon," within the walls of a historic refurbished marine engine building with views of the Mystic River. • 14 Holmes St., Mystic, 860-415-8117 engineroomct.com. Open daily. L D SB, \$\$

Flanders Fish Market & Restaurant • Seafood • RC Flanders excels at lobster bisque, fish-and-chips and broiled seafood. Known for its bountiful Sunday buffet, fresh seafood market and New England clambakes. • 22 Chesterfield Road, East Lyme, 860-739-8866 flandersfish.com. Open daily. L D SB, \$\$, WA

Frank Pepe Pizzeria Napoletana • Pizza While worldfamous white clam pizza is the standout, any pie here is worth the wait. • Mohegan Sun, Uncasville, 860-862-8888 pepespizzeria.com. Open daily. L (Mon.-Fri.) D, \$, WA

Kensington's at Norwich Inn • American A firstclass restaurant serving gourmet food with an emphasis on natural meats, fresh, locally sourced produce and healthy preparations. • 607 West Thames St., Norwich, 860-425-3630 thespaatnorwichinn.com/kensingtons. Open daily. B L D SB. \$\$\$. E. WA

Michael Jordan's Steak House • American • EP USDA prime steaks, chops and fresh seafood paired with an extensive wine list. • Mohegan Sun, Uncasville, 860-862-8600 michaeljordansteakhouse.com. Open daily. D, \$\$\$

Morning Glory Café • American • EP Family-owned restaurant located on the Lieutenant River in Old Lyme serves breakfast (all day on the weekends) and lunch, and features a menu with both American and Asian cuisine. • 11 Halls Road, Old Lyme, 860-434-0480. Open daily, B L, \$, WA

The Old Lyme Inn • American The Inn's restaurant and bar features a locally sourced menu with a modern twist on traditional dishes. • 85 Lyme St., Old Lyme, 860-434-2600 *oldlymeinn.com*. Open daily. L D, \$\$\$, WA

Oyster Club - American - EP This popular place showcases food that travels the shortest distance from farm and sea to table, with seasonality and location determining the day's dishes. - 13 Water St., Mystic, 860-415-9266 oysterclubct.com. Closed Tues. L (Sat.) D SB, \$\$, WA

Red 36 • American • EP It's all about the sea at this waterside hotspot that offers delicious dinner with a great view. • 2 Washington St., Mystic, 860-536-3604 red36ct.com. Closed Mon. L D, \$\$ Rise, Mystic • American • EP Breakfast spot in a homey and comfortable atmosphere, offering both standard breakfast fare and some unique twists. Lunch is also available. • 10 Water St, Mystic, 860-415-9519 risemysticct.com. Closed Tues. B, L, SB, \$, WA

S&P Oyster Co. • *Seafood* • **EP RC** Serving traditional New England seafood with a South American flair. Enjoy oysters on the half shell, PEI mussels, fresh cuts of fish and Creekstone Farms steaks grilled over hardwoods. • 1 Holmes St., Mystic, 860-536-2674 sp-oyster.com. Open daily. L D, \$\$, WA

Tolland County

Bidwell Tavern & Cafe • American • EP This 1822 Coventry tavern, once the town hall, offers prime rib, chicken wings and 24 beers on tap. • 1260 Main St. (Route 31), Coventry, 860-742-6978. Open daily. L D LS, \$\$, E, WA

The Blue Oak at the Nathan Hale Inn • American On the UConn campus, enjoy honest New England-style dishes and lighter fare. Great wine selection. • 855 Bolton Road, Storrs, 860-427-7888 nathanhaleinn.com. Open daily. B L D, \$\$

Lake View • Seafood / Italian • EP Fresh seafood, Italian dishes, paninis, salads, burgers and wings are served in a casual, romantic waterside setting. • 50 Lake St., Coventry, 860-498-0500 coventrylakeview.com. Open daily. L D, \$\$, E, WA

Rein's New York Style Deli-Restaurant • American • EP Bright and bustling Jewish deli serving everything from challah French toast and potato pancakes to pastrami reubens and cheese blintzes. • 435 Hartford Tpke., Vernon, 860-875-1344 reinsdeli.com. Open daily. B L D LS SB, \$, WA

True Blue Tavern at the Nathan Hale Inn • American Great casual dining in a fun atmosphere celebrating the spirit of UConn athletics. • 855 Bolton Road, Storrs, 860-427-7888 nathanhaleinn.com. Open daily. D, \$, WA

Utsav Indian Cuisine • Indian • EP This gem boasts a menu of delectable Indian treats such as shamm savera or calamari cochin. • 575 Talcottville Road, Vernon, 860-871-8714 utsavcuisine.com. Open daily. L D, \$\$, WA

Windham County

Coriander Cafe • American • RC Offers breakfast, lunch and dinner with a focus on local and seasonal homestyle cooking, plus a specials menu that changes daily. • 192 Eastford Road, Eastford, 860-315-7691 coriandercafeeastford.com. Open daily. B L D (Tues.-Sat.), \$

The Courthouse Bar & Grille • American Serves 20 great appetizers, plus "arresting" main courses such as seafood Alfredo and Montreal sirloin. • 121 Main St., Putnam, 860-963-0074 courthousebarandgrille.com. Open daily. L D LS (weekends), \$, WA

Golden Lamb Buttery • American • EP In a barn overlooking a 1,000-acre farm, dinner here might be roast duckling, chateubriand or honey-glazed rack of lamb. • 199 Bush Hill Road, Brooklyn, 860-774-4423 thegoldenlamb.com. Closed Sun.-Mon. L D (Fri.-Sat.), \$\$\$, E, WA

Hank's Restaurant • American A family place serving home-style chowders, lobster salad rolls and prime rib. • 416 Providence Road, Brooklyn, 860-774-6071 hanksrestaurant.com. Open daily. L D, \$\$

The Heirloom Food Company • Vegan • EP RC Organic cafe & juice bar offering locally sourced, organic ingredients. • 630 N. Main Street, Danielson, 860-779-3373 eatheirloomfood.com. Closed Sun.-Mon. B L, \$

The Inn at Woodstock Hill • American The menu at this historic estate includes shrimp-and-sea-scallop stir-fry and duckling à l'orange. • 94 Plaine Hill Road, Woodstock, 860-928-0528 woodstockhill.com. Open daily. L (Thurs.-Sat.) D SB, \$\$\$, WA

The Mansion at Bald Hill • American The pan-seared diver scallops with jumbo shrimp is tops, and don't skip the lobster mac 'n' cheese. • 29 Plaine Road, South Woodstock, 860-974-3456 mansionatbaldhill.com, Closed Mon. D. \$\$\$, WA

Willimantic Brewing Co. / Main Street Café • Brew Pub • EP This pioneering brewery is located within a historic U.S. Post Office building. Beers are brewed in full view of diners. Try the ale-steamed mussels. Other Connecticut craft beers available. • 967 Main St., Willimantic, 860-423-6777 willibrew.com. Open daily. L (Tues.-Sun.) D, \$\$, WA

J. Timothy's Taverne • Gastropub • EP This historic pub offers up casual fare such as the famous "dirt wings," prime rib, chicken pot pie, tater tot poutine and French onion soup. • 143 New Britain Ave, Plainville, 860-747-6813 jtimothys.com. Open daily. L, D, LS, \$\$, WA



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JOIN US

WNPR'S HEALTH EQUITY & ACCESS FORUM

Thursday, September 7 at 5:30 p.m.

Center for Contemporary Culture, Hartford Public Library | 500 Main Street | Hartford, CT | 06103

Featuring Special Guest:

UConn Professor Cato T. Laurencin, M.D., PhD Dr. Laurencin is one of the nation's leading surgeons. In 2015 President Barack Obama awarded him the National Medal of Technology and Innovation. He has studied the negative health effects of racism and is the editor of the *Journal of Racial and Ethnic Health Disparities*. Laurencin is also the author of a paper entitled "Diversity 5.0," in which he makes the case that - as minority populations grow - this is the time to explore issues of race, racism, health, and diversity.

Hosted by John Dankosky, Host of NEXT and The Wheelhouse on WNPR and Executive Editor of the New England News Collaborative

Admission is free, but registration is required. Please register at: cpbn.org/wnpr-health-equity

wnpr

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Here at the Connecticut Public Broadcasting Network (CPBN), home of Connecticut Public Television (CPTV) and Connecticut Public Radio (WNPR), we are dedicated to serving our public and providing the information and education that helps to navigate their neighborhoods and their world.

Over the years, technology has fundamentally changed how people consume television programming. While CPTV and our affiliate channels have maintained a very loyal following, many CPTV viewers prefer to stream programming in different ways. For this reason, CPTV will make the following changes to better serve all of our viewers and continue to make public media programming widely accessible.

First, we are proud to announce a new TV channel, CPTV Spirit, which will be launching on August 1. The new CPTV Spirit channel was created to appeal to new and existing audiences who want to explore their passions in active ways. We hope you will enjoy this new offering. You can find out more information about CPTV Spirit programs in the feature article of this issue or at cptv.org/spiritofadventure. CPTV Spirit replaces the channel currently called CPTV Sports. Note that there are no changes to your regular CPTV channel, and CPTV Spirit will be available statewide beginning August 1.

We also remain fully dedicated to providing high quality children's programming. In addition to the 11 hours-per-day of children's programming offered on CPTV, we now offer CPTV PBS Kids 24/7, a digital streaming service that allows children and their families to choose the best times for them to watch their favorite programs. You can access CPTV PBS Kids 24/7 at cptv. org/pbs-kids.

You can also stream your favorite PBS and CPTV programs on demand with CPTV Passport using your computer, smartphone, tablet, or streaming-enabled TV. This is a benefit of CPTV and WNPR membership. To learn more or log in, visit cptv.org/introducing-passport.

We hope our viewers enjoy these new changes, and as always, thank you for your continued support.

Jerry Franklin

President and CEO, Connecticut Public Broadcasting Network

connecticut public broadcasting network cptv wnpr

"What's On!"

is published monthly as a supplement in Connecticut Magazine by Connecticut Public Broadcasting Network, 1049 Asylum Avenue, Hartford, CT 06105. Connecticut Magazine, 100 Gando Drive, New Haven, CT 06513, is published monthly by Digital First Media, Lower Makefield Corporate Center; 790 Township Line Road, 3rd Floor, Yardley, PA 19067. Editorial content for "What's On!", the 16-page program guide devoted to CPTV and WNPR, is determined by Connecticut Public Broadcasting Network (CPBN), a nonprofit corporation chartered by the state of Connecticut.

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The Farthest – Voyager in Space Wednesday, August 23 at 9 p.m. on CPTV

Learn how NASA's epic Voyager missions, launched in 1977, revolutionized our understanding of Jupiter, Saturn, Uranus, Neptune, and their dazzling moons and rings. In 2012, Voyager 1 left our solar system and ushered humanity into the interstellar age.



Father Brown Thursdays at 8 p.m. beginning August 3 on CPTV

Father Brown cycles back on screen to solve more mysteries in the fifth season of this charming series. Based on the short stories by G.K. Chesteron, the Catholic priest continues to investigate crimes in the sleepy Cotswold village of Kembleford.



Mannheim Steamroller 30/40 Live

Saturday, August 5 at 8 p.m. and Monday, August 8 at 9:30 p.m. on CPTV

EXCLUSIVE TICKET OPPORTUNITIES



Recorded over two evenings in December 2014 at the Orpheum Theater in Omaha, Nebraska, this program features songs from the group's annual Christmas tour. The performance includes classics such as "Deck the Halls" and "Silent Night".



Tuesday, August 22 at 8 p.m. on CPTV

20 years after her death on August 31, 1997, Princess Diana is still an inspiring and intriguing figure to the world. In this 90-minute special, explore Diana's life through archival footage and interviews, and discover a side of the princess rarely seen by the public.





Adventure Begin cptv SPIRIT

BECAUSE LIFE'S AN ADVENTURE

Mondays:

Exploration & Adventures

Tuesdays:

Get your Geek On

Wednesdays:

Indies, Docs and Big Ideas

Thursdays:

The Maker Movement

Fridays:

Film Arts & Culture

Saturdays: Dramedy

Sundays:

Commune with Nature

Beginning Tuesday, August 1,

CPTV proudly introduces CPTV Spirit, a new public media television channel created to help people explore their passions. CPTV Spirit is for the "doers," "makers," and "adventurers" who crave more action, edgier journalism and documentaries, and more active ways to feed their curiosity. CPTV Spirit will replace CPTV Sports on that same channel location. To find CPTV Spirit's location on your cable carrier, visit cptv.org/cable-channels.

Please note that there will be no changes to your regular CPTV channel, and CPTV Spirit will be available statewide. As part of our new programming strategy, CPTV4U will be retired. But don't worry! Many of the programs on CPTV4U that were most popular with our viewers can be seen on CPTV Spirit as well as on-demand, online, and via CPTV Passport, our video-on-demand service.



Begins on August 1st!

Please visit

cptv.org/spiritofadventure

or contact **Audience Care** at **860.275.7550** for more information.



EXPLORE PASSIONS

Seven days a week, CPTV Spirit

will air programming related to the mantra "Because Life's an Adventure." Here are some examples of the programming you can look forward to starting this month:



FOR OVER 50 YEARS,

CPTV has been Connecticut's statewide public television provider. During that time, the preferences of our viewers have changed and evolved. In order to feed the passions of a new generation of public media viewers, CPTV announces an exciting new offering: CPTV Spirit!



THE CROWD & THE CLOUD



Tuesdays at 10 p.m. beginning August 1 on CPTV Spirit

This multi-part series, hosted by former NASA Chief Scientist Waleed Abdalati, takes viewers on a global tour of the projects and people on the front lines of citizen science and crowdsourcing. By observing their environment, monitoring neighborhoods, and collecting information about the world around them, citizens are helping professional scientists advance knowledge while speeding up new discoveries and innovations.

WILDEST ARTIC

Sundays at 9 p.m. beginning August 20 on CPTV Spirit

Immerse yourself in the nature of the northern extremities of Europe - beyond the Arctic Circle and into a land of ice and fire - from the Tundra and on to the Arctic Ocean. Discover the awesome cinematic range of the Arctic region, from the crashes of vast glaciers to the howls of the wildest wolves.



THE GREAT BRITISH BAKING SHOW



Thursdays at 10 p.m. beginning August 3 on CPTV Spirit

Follow the trials and tribulations of passionate amateur bakers whose goal is to be named the best in the U.K. Each week, the bakers tackle a different skill, the difficulty of which increases as the competition unfolds.

Prime Time | August 1-6

- CPTV Original, CPTV National Production or Presentation, or CPTV Co-production indicated in blue font.
- Program or episode premiere indicated by a ②. Live broadcasts indicated by a ③.
- Asterisk indicates that show begins prior to 8 p.m.; two asterisks indicate that show ends after 12 a.m. Visit CPTV.org/schedule for exact start and end times.
- This schedule is accurate as of press time; visit CPTV.org/schedule for the most up-to-date program schedule.

TUE 1	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
СРТУ	Secrets of the Dead - The Lost Diary of Dr. Livingstone The famed explorer's diary is studied.		Rare: Creatures of the Photo Ark - Part 3 Joel Sartore searches for animals in Budapest and Prague.		Frontline - The Vaccine War The controversy surrounding vaccines is explored.		Global Health Frontiers - Virus Hunters, Child Immunizations & Island Fever		
CPTV Spirit	NOVA - Making North America: Origins		Human Face of Big Data The "knowledge revolution" is explored.		Crowd & the Cloud - Part 1: Even Big Data Starts Small		Make - Bicycle Rodeo	In Pursuit of Passion	
WED 2	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
CPTV				igged Atlantic coast.		NOVA - Secrets of the Sky Tombs Scientists and explorers probe tombs in the Tibetan Himalayas.		Antiques Roadshow - Vintage Charlotte A Carleton Watkins Yosemite album is revisited.	
CPTV Spirit	Life on the Line	Visionaries	Frontline - The Vaccine War (See CPTV, Aug. 1 at 10 p.m.)		POV - Memories of a Penitent Heart		Independent Lens - Wilhemina's War		
THU 3	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
CPTV	Threats are made after an Daw		Daw A prison	Daw A prison inmate confesses		Shetland, Season 3 - Part 6 Perez and the team find that a killer is closer to home than previously thought.		This Old House	
CPTV Spirit	Super Skyscrapers - Part 1: One World Trade Center		This Old House Hour		The Great British Baking Show, Season 1 - Part 1: Cake		A Few Great Bakeries Visit small bakeries filled with yummy treats.		
FRI 4	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
CPTV	Midsomer Murders - The Green Man, Parts 1 & 2 tunnel collapses during a restoration project, revealing bones.					Backstage Pass - Phil Denny	Backstage Pass - Big Llou & the		
CPTV Spirit	Variety Studio: A	ctors on Actors	Movie Classics Collection - Married (Matthew Modine) gets close to a gang				Science Goes to the Movies	On Story	
SAT 5	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
CPTV	Steamroller is captured in high definition and surround Paul & Mary, Arlo				Folk: Isn't This a To Guthrie, Pete Seeg in a 2003 concert.		'60s Pop, Rock & Soul (My Music)** Peter Noone and Davy Jones host a musical celebration.		
CPTV Spirit	800 Words - Part 1 George moves his kids to the town of Weld.		Luther, Season 1 - Part 1 DCI John Luther returns to work.		The Tunnel: Sabotage - Part 1 A French couple is abducted.		Wallander, Season 4 on Masterpiece - White Lioness**		
SUN 6	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
CPTV	This Land Is Your Land* (Start: 7 p.m.) Viewers' Favorites Enjoy an evening of entertainment as CPTV presents a selection of music specials, how-to programs, and more.				Valuable insights	ith Miranda Esmor on how to combat the s of aging are prese	ne physical signs Black & White		
CPTV Spirit	Heart of the World: Colorado's National Parks - Parts 1, 2 & 3 The geological forces that created the amazing landscapes of Colorado's National Parks are explored. Lost Pueblo Village, A Time Team America Presentation								

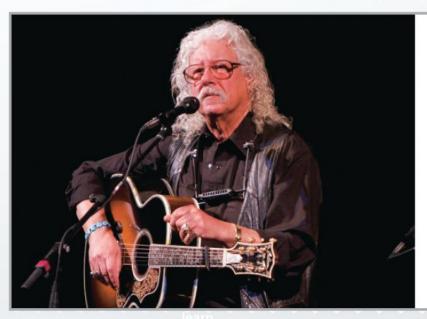


Ireland's Wild Coast Wednesday, August 2 at 8 p.m. on CPTV

Follow a unique, personal journey along one of the most spectacular coastlines in the world featuring the wildlife and wild places that make it so special. Emmy Award-winning wildlife cameraman Colin Stafford-Johnson takes viewers on an authored odyssey along Ireland's rugged Atlantic coast – the place he chooses to make his home.

Prime | August 7-12

MON 7	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
CPTV	The Legends of Folk: Isn't This a Time! (See CPTV, Aug. 5 at 9:30 p.m.)			Mannheim Stean 5 at 8 p.m.)	nroller 30/40 Live	Eat Fat, Get Thin with Dr. Mark Hyman** Learn how eating fat can help promote optimum health.			
CPTV Spirit	Born to Weekends with Yankee Starboard Light Odecides to sell their su				Globe Trekker - Belt Highway, U.		Paving the Way: The National Park-to-Park Highway - Part 1		
TUE 8	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
CPTV	On the Psychiatrist's Couch with Dr. Daniel Amen, M. Amen is one of the most popular psychiatrists in America. he shares lessons he has taught thousands of his patient:			a. In this special,	Roy Orbison: Bla 30th anniversary cast including Jac	30 Celebrate the with an all-star British Baking Show**			
CPTV Spirit	NOVA - Making N Life	North America:	TED Talks - Science & Wonder		Crowd & the Cloud - Part 2: Citizens & Scientists		Make - Aerial Kite	In Pursuit of Passion	
WED 9	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
СРТУ		ock & Roll Classics e Doors, the Rolling					or You Financial advisor Suze viewers "find financial solutions for		
CPTV Spirit	Life on the Line	Visionaries 🕞	Frontline - The Madoff Affair Madoff's Ponzi scheme is explored. POV - Iris Style maven Iris Apfel has presence on the New York fashion so			is had an outsized cene for decades. Film School Shorts			
THU 10	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
CPTV	Forever Painless with Miranda Esmonde-White A groundbreaking and eye-opening education on chronic pain and its causes is presented.			Viewers' Favorites (See CPTV, Aug. 6 at 8:30 p.m.)			Sgt. Pepper's Musical Revolution** The revolutionary 1967 Beatles album is explored.		
CPTV Spirit	Super Skyscrape Building the Fut		This Old House I			The Great British Baking Show, Season 1 - Part 2: Biscuits		Breakfast Special Tour interesting breakfast spots around the U.S.	
FRI 11	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
CPTV	A Conversation with Bill Moyers Journalist, political commentator, and author Bill Moyers reflects on his life and storied career.			Get a preview of Ken Burns and Amen, M.D. & T			ys to Grow Your Brain with Daniel ana Amen, R.N.** Learn how to y and focus at any age.		
CPTV Spirit				Novie Classics Collection - Meet Me in Steences through the year of the St. Louis Wo				On Story	
SAT 12	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
CPTV	Viewers' Favorites (See CPTV, Aug. 6 at 8:30 p.m.)								
CPTV Spirit	800 Words - Part 2 George is the least popular new Aussie in town. Luther, Season 1 - Part 2 Luther must out-maneuver a sniper.				The Tunnel: Sab	otage - Part 2 D	Wallander, Season 4 on Masterpiece - A Lesson in Love**		



The Legends of Folk: Isn't This a Time!

Saturday, August 5 at 9:30 p.m. and Monday, August 7 at 8 p.m. on CPTV

Treasure this last and historic gathering of the artists who defined folk music, including Peter, Paul and Mary, Arlo Guthrie, Pete Seeger, and The Weavers. The 2003 Carnegie Hall concert features performances the artists considered among their best.

Prime Time | August 13-18

SUN 13	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30		
CPTV	Viewers' Favorites (See CPTV, Aug. 6 at 8:30 p.m.)									
CPTV Spirit				sts Martin and Chris Kratt host this must-see r mazing summer feast.		t-see natural spectacle as thou-		Between Earth & Sky: Climate Change on the Last Frontier		
MON 14	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30		
CPTV		how - Cincinnati, include a baseball ey Mantle.	Antiques Roadshow - Cincinnati, Part 2 A wall map of the western U.S. from 1846 is appraised.		Lafayette: The Lost Hero The story of the Marquis de Lafayette is told.		History Detectives Follow four stories of America's beginning.			
CPTV Spirit	Born to Explore	Weekends with Yankee	20th Century Limited Explore the New York Central Railroad.		Globe Trekker - Road Trip: Rust Belt Highway, U.S.A., Part 2		Paving the Way: The National Park-to-Park Highway - Part 2			
TUE 15	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30		
CPTV		look at how American history: the nuclear		st destructive	Frontline - Terror in Little Saigon Attacks on Vietnamese-American journalists are investigated.		Behind the Pearl Earrings: The Story of Dickey Chapelle, Combat Photojournalist			
CPTV Spirit	NOVA - Making North America: Human		Global Health Frontiers - Virus Hunters, Child Immunizations		Crowd & the Cloud - Part 3: Viral vs. Virus		Make - Steampunk	In Pursuit of Passion		
WED 16	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30		
CPTV	Nature - Love in the Animal Kingdom Animals' outrageous and romantic antics are revealed.		NOVA - Emperor's Ghost Army The buried clay warriors of China's first emperor are researched.		Home of the Terracotta Warriors Archaeologists visit Xi'an, home of the Terracotta Warriors.		Antiques Roadshow - Vintage Austin Highlights include Marilyn Monroe photos from 1953.			
CPTV Spirit	Life on the Line	Visionaries 🕒	Frontline - Bannon's War President Trump's advisor is profiled.		POV - Two Towns of Jasper Ar man was killed by white supremacists		n African-American s in Jasper, Texas. Film School Shorts			
THU 17	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30		
CPTV	Father Brown - The Smallest of Things Inspector Mallory's former boss is found dead.		Vera - Dark Road Vera investigates of a woman is found on the bleak No moors.				secret rooms in the House			
CPTV Spirit	Super Skyscrapers - Part 3: The Vertical City		This Old House Hour		The Great British Baking Show, Season 1 - Part 3: Bread		Sandwiches That You Will Like Sample unique sandwiches.			
FRI 18	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30		
CPTV	Midsomer Murde work with Barnab	ers - Bad Tidings, F y and is thrown strai	Parts 1 & 2 Sgt. Dan Scott arrives to ight into a murder investigation.		Infinity Hall Live - Dave Mason Dave Mason, founding member of Traffic, performs his hit songs.		Great Performances - Vienna Philharmonic Summer Night Concert 2017**			
CPTV Spirit	Variety Studio: A	Actors on Actors			nin Man Nick and Nora Charles e-haired terrier, Asta.		Science Goes to the Movies	On Story		





Ready Jet Go! Back to Bortron 7 Monday, August 14 on CPTV Kids

In this new one-hour special, Jet's parents need to return to their home planet of Bortron 7. Join Sean and Sydney as they follow the Propulsion family for this epic adventure.



Prime Time | August 19-24

SAT 19	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Movie Classics Collection - Married to the Mob* (Start: 7:30 p.m.; See CPTV Spirit, Aug. 4 at 9 p.m.)		Al Capone: Icon Celebrity gang- ster Al Capone's enduring impact on American culture is examined.		History Detectives Special Investigations: Who Killed Jimmy Hoffa?		Father Brown - The Smallest of Things (See CPTV, Aug. 17 at 8 p.m.)	
CPTV Spirit	800 Words - Part 3 Questions arise over Laura Turner's death.		Luther, Season 1 - Part 3 A young mother is abducted.		The Tunnel: Sabotage - Part 3 Pelise uncovers disturbing facts.		Wallander, Season 4 on Master- piece - The Troubled Man**	
SUN 20	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	In Their Own Words - Queen Elizabeth II Queen Elizabeth's remarkable life is explored.		Endeavour, Season 4 on Masterpie Endeavour Morse races against time consumed by a nightmarish hunt for a		e as he becomes CPTV, Aug. 18 at		ers - Bad Tidings, Parts 1 & 2 (See 8 p.m.)	
CPTV Spirit	Penguins: Spy in the Huddle - Part 1: The Journey		Wildest Arctic - Part 1: Arctic Ocean: The Frozen Sea		Aurora: Fire in the Sky The color- ful natural phenomenon is explored.		Alaska: Silence & Solitude Venture into the Alaskan wilderness.	
MONI 21	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Antiques Roadshow - Cincinnati, Part 3 A trophy from the 1908 Belmont Stakes is appraised.		NOVA - Eclipse Over America Deserve a total solar eclipse traversing the U.S. mainland.		Humanity from Space From the pe kind's journey from hunter-gatherers		erspective of space, trace human- to dominant species.	
CPTV Spirit	Born to Explore	Weekends with Yankee		Italy's Mystery Mountains How Was the Italian peninsula created? Globe Trekker - Tough Transcontinental Railroad			A. Ride Along the Lincoln Highway Travel the coast-to-coast highway.	
TUE 22	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Diana Twenty years after Princess Diana's death, this film reveals her story in her own words.		Secrets of Althorp: The Spencers Take a personal tour around the Spencer family's manor.		Royal Wives at War This program looks at the abdication crisis of 1936 and the two women at its heart.		In Their Own Words - Queen Elizabeth II (See CPTV, Aug. 20 at 8 p.m.)	
CPTV Spirit	NOVA - Inside Einstein's ideas a		Global Health Frontiers - Stunted Future, Trouble with Ticks		Crowd & the Cloud - Part 4: Citizens & Earth		Make - Fire Sculpture	In Pursuit of Passion
WED 23	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	NOVA - Eclipse Over America (See CPTV, Aug. 21 at 9 p.m.) Farthest Voyager mi		Farthest Voyage Voyager missions	r in Space P Lau revolutionized our	unched in 1977, NASA's epic understanding of our galaxy.		Antiques Roadshow - Cincinnati, Part 3 (See CPTV, Aug. 21 at 8 p.m.)	
CPTV Spirit	Life on the Line	Visionaries 🕞	Frontline - Second Chance Kids Explore the impact of a court ruling.		POV - Tribal Justice Native-An apply traditional concepts of justice.		nerican judges	Film School Shorts
THU 24	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
СРТУ	Father Brown - The Crimson Feather Bunty becomes a dancer to help solve a mystery.		Vera - Tuesday's Child Vera invest of a local lad whose body is found at hangout.					This Old House
CPTV Spirit	Super Skyscrapers - Part 4: The Billionaire Building		This Old House Hour		The Great British Baking Show - Part 4: Desserts		Breakfast Special 2: Revenge of the Omelets	



NOVA: Eclipse Over America Monday, August 21 at 9 p.m. on CPTV

Join scientists and citizens alike as they observe the first total solar eclipse to traverse the United States mainland in more than a generation. Discover the storied history of eclipse science and follow current, cuttingedge research into the solar corona.

Prime Time | August 25-31

	0.00	0.00						
FRI 25	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV			ng, Parts 1 & 2 Womanizing land- riolent blow from a Celtic spear.		Star defense lawy	tery! - The Escape er Will Burton takes accused of a tortur	s the case of an	Backstage Pass - Low- down
CPTV Spirit	Variety Studio: Actors on Actors		Movie Classics Collection - Shadow Charles solve racetrack-related murde				Science Goes to the Movies	On Story
SAT 26	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Royal Wives at War (See CPTV, Aug. 22 at 10 p.m.)		Diana (See CPTV, Aug. 22 at 8 p.m.)		Great Houses with Julian Fellowes - Burghley House Visit the home of William Cecil's heirs.		Father Brown - The Crimson Feather (See CPTV, Aug. 24 at 8 p.m.)	
CPTV Spirit	800 Words - Part discovers Weld's		Luther, Season 1 - Part 4 A serial killer goes on a rampage.		The Tunnel: Sabotage - Part 4 P Laura gets a disturbing package.		Masterpiece Mystery! - The** (See CPTV, Aug. 25 at 10 p.m.)	
SUN 27	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Secrets of Scotla look inside Londo		Endeavour, Season 4 on Masterpie When a morality advocate receives a Endeavour Morse must protect her at		ece - Canticle () Midsomer Murden death threat, (See CPTV, Aug. 2		rs - The Fisher King, Parts 1 & 2 25 at 8 p.m.)	
CPTV Spirit	Penguins: Spy in the Huddle - Part 2: First Steps		Wildest Arctic - Taiga: The Frozen Forests		Chasing Shackleton - Part 1 Journey across the Southern Ocean.		Alone in the Wilderness Explore a pristine land unchanged by man.	
MON 28	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Antiques Roadshow - Rapid City, Part 1 Notable finds include furni- ture by Thomas Molesworth.		Antiques Roadshow - Rapid City, Part 2 A 1932 signed photograph of Mount Rushmore is appraised.		Forgotten Ellis Island Ellis Island Hospital is remembered by patients and staff.		Statue of Liberty Ken Burns chronicles the history and significance of the Statue of Liberty.	
CPTV Spirit	Born to Explore	Weekends with Yankee	Slovakia: Treasures in the Heart of Europe		Globe Trekker - Art Trails of the French Riviera		l'Il Have What Phil's Having - Paris	
TUE 29	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Klansville, U.S.A.: American Experience Explore the largest KKK organization in America.		Boys of '36: American Experience The U.S. rowers who triumphed at the 1936 Olympics are highlighted.		Nazi Games: Berlin 1936 The Nazis and the IOC turned an elitist sports event into a global spectacle.		Independent Lens - My Nazi Legacy: What Our Fathers Did**	
CPTV Spirit	NOVA - Secrets of (See CPTV, Aug. 1		Global Health Frontiers - Hidden Hunger, Golden Rice, Life		Cyber-Seniors Seniors take their first steps into cyberspace.		Make - Kinetic Wave	In Pursuit of Passion
WED 30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Nazi Mega Weapons - Hitler's Island Megafortress The Channel Islands became heavily fortified.		NOVA - Zeppelin Terror Attack How were Germany's war zeppelins built and flown?		Nazi Mega Weapons - U-Boat Base The Nazis built concrete submarine pens for their U-boats.		Antiques Roadsl City, Part 1 (See at 8 p.m.)	now - Rapid CPTV, Aug. 28
CPTV Spirit	Life on the Line Visionaries Visionaries		Frontline - Poor Kids See first- hand how poverty affects children.		POV - Raising Bertie Follow the American boys facing a precarious of		ree African- oming of age.	Film School Shorts
THU 31	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Father Brown - The Lepidopterist's Companion A photography shop employee dies.		Vera - The Moth Catcher Vera inveder of 22-year-old Alex Gartside, the run in a remote Northumberland valle		victim of a hit and CPTV, Aug. 27 at			This Old House
CPTV Spirit	John Portman: A Life of Building The influential architect is profiled.		This Old House Hour		The Great British Baking Show, Season 1 - Part 5: Pies & Tarts		A Few Good Pie Places Tour pie shops from Maine to Alaska.	



Endeavour Season 4 on Masterpiece Sundays at 9 p.m. beginning August 20 on CPTV

Stars Shaun Evans and Roger Allam are back as the young Endeavour Morse and his mentor, Detective Fred Thursday in the highly anticipated fourth season of this fan favorite. Follow along as Oxford's finest pick up the pieces of their lives, both personal and professional, in the summer of 1967.







Faith's Indian-Inspired Veggie Burgers

From Faith:

Renowned chef Prasad Chirnomula visited our studio recently to talk about his new restaurant in West Hartford, INDIA. Days after sampling the menu, we had a hankering for more Indian food (that's the way it works).

A few years back, Chris Prosperi and I challenged ourselves to make veggie burgers that could rival their meaty counterparts in flavor and texture. This burger was the result. I paired vegetables with toasted walnuts, brown rice, and lentils to give the burgers texture. I sometimes use Trader Joe's Indian Simmer Sauce to boost the curry. Feel free to swap in your favorite vegetables, nuts, rice, or sauce, and make it your own.

INGREDIENTS:

1 14 ounce can chick peas, drained and chopped
1 14 ounce can lentils, drained and chopped
1/2 cup brown rice, cooked well and drained
1 small red pepper, diced
1 small green pepper, diced
6 green beans, sliced thin
1 cup red onion, diced
1/2 cup mushrooms, diced

1/2 cup walnuts, toasted
and chopped
1 tablespoon curry powder
1 tablespoon kosher salt
1/4 teaspoon black pepper
2 teaspoons hot sauce
2-3 cups panko bread crumbs

1/2 cup corn, frozen

1/2 cup carrots, shredded

HOW TO MAKE IT:

- **1.** In a large bowl mix all the ingredients well.
- 2. Form into individual patties.
- **3.** Grill, broil, or pan-fry the burgers until done.





Connecticut's Original Electric Car

IN THE EARLY 1900s, A HARTFORD AUTOMOBILE PIONEER BET ON CLEAN ENERGY — AND LOST

Albert Augustus Pope saw the future. In the 1870s he recognized the potential of the bicycle, and by the 1890s was manufacturing about 250,000 a year at his Hartford factory. As the 19th century drew to a close, he knew that the golden age of the bicycle was ending and the future was with the engine and automobile. He favored electricity to power his cars, as it was clean, quiet and easy to access. Though he successfully produced the first commercial electric car, the concept of an electric vehicle was at least a century ahead of its time and ultimately proved to be Pope's undoing.

Born in 1843 in Boston, Pope joined the Union Army in 1862. In the war, he fought in a number of battles and earned the honorary title of lieutenant colonel for his actions. Working as a businessman after the war, he had his major inspiration in 1876 when he attended the Centennial Exposition in Philadelphia and saw his first bicycle.

Enchanted by the invention, Pope decided to join, and ultimately lead, the two-wheeled revolution that would soon sweep the country. Pope learned all he could about bicycle manufacturing and then commissioned the Weed Sewing Machine Co. in Hartford to start producing his bicycles. Before long Pope was selling enough bicycles that he purchased the factory.

A savvy businessman, Pope understood that the success of the bicycle, and later the car, depended on high-quality roads, which, outside of big cities, did not really exist in the U.S. at the time. In 1880 he started the Good Roads Movement and the League of American Wheelmen and lobbied Congress to create a government organization in charge of roads.

In February 1893 in "A Memorial to Congress on the Subject of a Road Department," he argued that highways were the pathway to the country's future prosperity. "The people everywhere throughout the country are awakening to the vast importance of better highways. They more fully realize not only the great commercial advantages of good roads but they see more clearly that the material highways of the country are highways in a spiritual sense as well; that the growth of society, education, and Christianity depend largely upon good means of communication between home, school, and church, and that no nation can advance in civilization which does not make a corresponding advance in the betterment of its highways."

By the 1890s, Pope realized that these highways would be dominated not by the bicycle but by the automobile. He created

A 1901 ad for one model of Pope's electric vehicles proudly boasted the car could travel 40 miles on each battery charge with a maximum speed of 14 mph. In 1902, President Theodore Roosevelt rode through the streets of Hartford in a Pope electric car. But despite these early successes, the electric vehicles Pope favored had some fatal flaws. Batteries could not hold charges for long periods and were heavy — in the model Roosevelt rode in, the battery accounted for 40 percent of

the vehicle's weight. When raw materials became abundant in the Midwest, the costs of shipping them to New England put car manufacturers in Connecticut at a disadvantage compared to those already in the Midwest. All these factors helped give the edge to Pope's competitor, Henry Ford.

"For a time, and thanks to Pope, Hartford was the automobile capital of the world, but the discovery of oil in Texas in 1901, combined with Ford's achievements in manufacturing and marketing, ultimately led to Pope's electric car's decline," the Connecticut Historical Society wrote in an emailed statement for this story. "Basically, Albert Pope gambled and lost. His legacy, however, remains, and Pope is still remembered as the man who, between the late 1870s and the early 1900s, put a nation on wheels."

Pope's companies were ruined financially by his failure to compete with Midwest automakers in the early 1900s. He died in 1909. In his

obituary, The New York Times concluded unscientifically that the electric car and the financial ruin it caused were to blame. "Col. Pope had been in ill-health for months, due to the breaking down of his nervous system which followed the financial embarrassment of his bicycle company."

More than 100 years later, Connecticut's relationship with the electric car remains complicated. In June, for the third year in a row, a bill failed to get through the General Assembly that would have allowed Tesla to sell its electric vehicles directly to consumers in Connecticut and bypass the state's law requiring cars to be sold by franchised dealerships. It's yet another defeat for the electric car in the state.



successful lines of gasolene carriage construction. Its radius on each battery charge is forty miles, and its maximum speed is fourteen miles per hour. The tonneau is removable, and in its place may be substituted either a broad seat for two passengers, a rumble or a hamper for luggage.

Write for 1901 Illustrated Catalogue and Price List.

ELECTRIC VEHICLE COMPANY, HARTFORD, CONN.

Western Agency and Showrooms, No. 267 Wabash Avenue, Chicago, III. A 1901 advertisement for a Columbia Electric Co. vehicle.

an automobile division within the Pope Manufacturing Co.

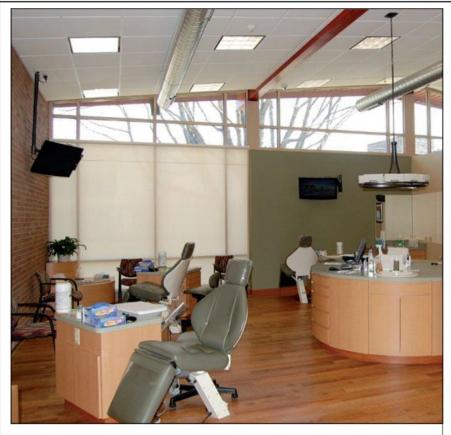
PUBLIC DOMAIN. VIA WIKIMEDIA COMMONS

"While most manufacturers were developing new and better gasolinepowered cars, Pope was confident that clean, quiet, electric cars would be the wave of the future," writes Gregg Mangan in an article about Pope on connecticuthistory. org. "In 1896, he founded the Columbia Electric Vehicle Co. in Hartford and, a year later, demonstrated the world's first public production model electric-powered car. His production of 2,092 cars (some gaspowered) in 1899 accounted for nearly half the automobiles made in the United States, but his attachment to producing electric vehicles eventually became his downfall."

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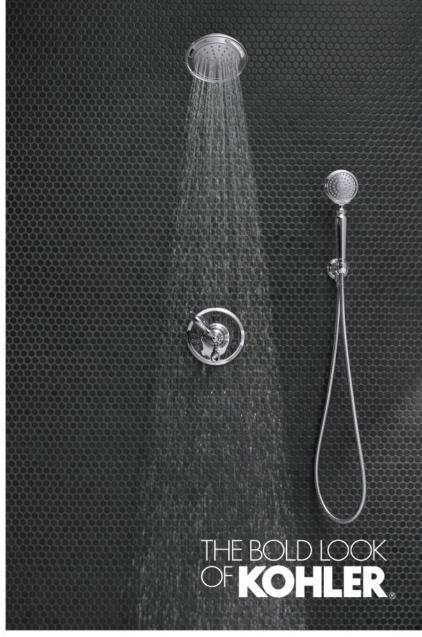
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